

Montgomery County **RECREATION** DEPARTMENT

AUTUMN 2004 GUIDE



Web site: <http://montgomerycountymd.gov/rec>

From the County Executive



OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

Douglas M. Duncan
County Executive



Fall 2004

Dear Montgomery County Resident:

As autumn approaches, and summer vacations wind down, it's a perfect time to take some time for yourself. Look through what's being offered in our new Recreation Department Fall 2004 Guide, and see what you can find.

There is a wide range of interesting classes, workshops and bus trips for seniors being offered. Whether you want to add a new cuisine to your culinary skills or find an aquatic fitness class that piques your interest, there's something for everyone. Our Recreation Department has worked hard to put together an interesting variety of offerings.

Our newest community center will open in Damascus this October. If you live in that part of the County, check out what's being offered at this new facility. Indoor amenities include a gymnasium, social hall, exercise/weight room, game room, classroom, senior/community lounge, a kitchen and an arts and crafts room with kilns. When it opens, the combined gymnasium/social hall will be the largest rentable space in the Upcounty area.

Take a few minutes, look through the Guide, and register today for a class or program that sounds interesting.

Sincerely,

Douglas M. Duncan
County Executive



www.montgomerycountymd.gov

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Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.



Montgomery County
RECREATION
DEPARTMENT



The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities.

The acronym **TO GIVE** represents our commitment to achieving this mission.



WELLNESS FEATURE

National Health Awareness Months

Hearts N' Parks holds programs throughout Montgomery County for all ages. Call 240-777-6821.

September Cholesterol Education

- Most people are aware that high levels of saturated fat (foods solid at room temperature, i.e., shortening vs oil) and cholesterol in the diet are linked to increased blood cholesterol levels and a greater risk for heart disease.
- Reducing saturated fat to less than 10 percent of calories will help you lower your blood cholesterol level.
- The fats from meat, milk, and milk products are the main sources of saturated fats in most diets. Many bakery products are also sources of saturated fats.
- Dietary cholesterol comes from animal sources such as egg yolks, meat (especially organ meats such as liver), poultry, fish, and higher fat milk products.
- You can keep your cholesterol level below 200 and saturated fat intake low by eating more grain products, vegetables and fruits, and by limiting intake of high cholesterol and saturated fat foods.
- For more information: www.americanheart.org

October Breast Cancer Education

- The primary factor is age: at 35, a woman's chance of getting breast cancer is 1 in 622; by 55, 1 in 33; by 90, 1 in 8.
- In 95% of breast cancer cases, there is no genetic connection and no family history of the disease.
- Other possible risks: previous breast, uterine or ovarian cancer, onset menstruation before age 12, menopause after 55, obesity, tobacco use, alcohol use, first child after 30, no pregnancies.
- Take control to lower your risk: try to exercise on a regular basis, at least 3 times a week, limit red meat and other sources of animal fat, shed any extra pounds and try to keep them off.
- For more information: www.cancer.org



November Diabetes Education

- Ways to fight Type II Diabetes: lose excess fat (7%-8%), stay active most days of the week to control blood sugar levels, eat less fat, more fiber.
- Diabetes increases with a high intake of saturated fat and refined grains and sweets.
- Diabetes decreases with diets rich in cereal fiber, fruits, veggies, and legumes and low in saturated fat and trans fatty acids.
- For more information: www.diabetes.org



Cold and Flu Fighters

To reduce your risk of getting sick, get a flu shot by mid-November.

For flu and cold comfort:

- Get plenty of rest to fight the virus.
- Have some chicken soup to reduce congestion.
- Gargle with salt and warm water to help a sore throat.

Reduce your risk of Arthritis

Ways we can delay, minimize and even prevent deterioration of our joints:

- Lose excess weight to reduce added stress on your joints.
- Strengthen your thigh muscles to protect knees and back.
- Reduce risk of injury during exercise; start slowly, use proper equipment, stop if something hurts, seek medical help immediately for injuries.

For more information: www.arthritis.org

Enjoy
Good Health

What's New!

Check out what's new for Fall

In Classes

See pages 21-44 for complete program listings.

Basic Portraiture (photography): ages 16&up

Intermediate Portraiture (photography):
ages 16&up

Acrylic Painting for Teens: ages 14-17

Painting Critiques: ages 18&up

Pottery-Introduction to Handbuilding:
ages 15&up

Oil Painting for Fun: ages 10-14

Art Destinations Club: ages 6&up

Art Destinations Family Club:
ages 6&up and parent

In-Toon: ages 6-9

Drawing: ages 14-17

Perspective Drawing: ages 18&up

Floral Close-ups: Painting ages 18&up

Create a sketchbook: painting ages 18&up

Grilling & Smoking II: ages 15&up

Karaoke: ages 9-16

In Centers

Potomac Community Center **Family Fun Fest** October 1,
11:00am-5:00pm, Carnival games, moon bounces, giant slide,
entertainment, food and prizes. Admission \$6.00 unlimited
games/rides. 301-983-4471

Potomac Community Center **Family Bingo Night** October 1,
5:00pm-8:00pm. Fun for the whole family. Games/prizes/snack
bar. \$5.00 plays all night. 301-983-4471

Potomac Community Center **Community Flea Market/Yard Sale**
November 20, 8:30am-12:30pm, vendor spaces available:
\$25.00. Free admission for buyers. 301-983-4471

In Seniors

Long Branch Senior Center **Advertising and Its Influence on the
American Dream**, September 7, 11:00am, Jefferson Café
facilitator, Francine Jamin, Montgomery College, free, registration
advisable, group limited to 15. 301-431-5708

Long Branch Senior Center **Pilates for Seniors** demonstration,
September 24, 12:00pm, Sarah McKechnie, free. 301-431-5708

Long Branch Senior Center **10th Anniversary Party**, September 30,
11:00am-2:00pm, live music by JC Combo featuring singer Dolly
Benoff, non-members fee \$5.00 for luncheon. 301-431-5708

Long Branch Senior Center **Singer Brian Rudolph**, October 14,
11:00am, free. 301-431-5708

Long Branch Senior Center **Eating Well Without Meat**, November
9, 11:00am, Adventist Health Care, free. 301-431-5708

You are cordially invited to the
Grand Opening Ceremony
for the Damascus Community Recreation Center
Saturday October 16, 2004, 10:00am-2:00pm

Ceremony events include:

Official dedication by Douglas M. Duncan, County Executive

An open house with program exhibitions and demonstrations

Check out the features of this new Community Recreation Center including:



The Weight & Exercise Room
The Gymnasium with Volleyball courts,
Basketball courts, and Badminton courts
Social Hall
Computer Lab
Arts & Crafts Room
Community Lounge
Game Room



Stop by tour the center and pick up information on acquiring Open Gym and exercise/weight room
memberships so that you and your family will be ready to enjoy our newest Community Center!

For more information call 240-777-6940

See you at the Damascus Community Recreation Center!

A Penny for your Thoughts...



The Montgomery County Department of Recreation strives to provide high quality leisure and recreational programs, services and facilities. Please take a few minutes and answer the following questions. We are genuinely interested in your experiences and appreciate your participation in our programs. Your comments will help us continue to improve our courses and programs and services by sharing your thoughts and comments.

Survey completed by:

☐ Participant ☐ Parent/Guardian

Course/Program/Activity Information

Course/Program/Activity _____

Instructor/Leader/Coach _____

Facility _____

Day/Time _____ Season/Year _____ Participant's Age _____

Participant's Experience

Check the reasons why you registered for this course/program.

- ☐ Location ☐ Instructor
☐ Day ☐ Content
☐ Fair value ☐ Uniqueness
☐ Socialization ☐ Skill development
☐ Other _____

Did the program/course/activity meet your needs/expectations?

☐ Yes ☐ No

Did the program/course/activity contribute to your well being?

☐ Yes ☐ No

Did the program/course/activity meet your safety expectations?

☐ Yes ☐ No

Was the location convenient?

☐ Yes ☐ No

Was the time convenient?

☐ Yes ☐ No

Was the length adequate?

☐ Yes ☐ No

Was the price fair and reasonable?

☐ Yes ☐ No

Would you recommend this program/course/activity to a friend?

☐ Yes ☐ No

Rate your overall experience:

- ☐ Exceeded Expectation
☐ Met Expectation
☐ Below Expectation

What suggestions do you have for new courses/programs/activities?

Comments: _____

Instructor/Leader/Coach Rating

Did he/she meet your expectations?

☐ Yes ☐ No

Was he/she knowledgeable?

☐ Yes ☐ No

Was the presentation clear and well organized?

☐ Yes ☐ No

Were effective instructional techniques used?

☐ Yes ☐ No

Was he/she on time?

☐ Yes ☐ No

Would you attend another course/program/activity with this instructor/leader/coach?

☐ Yes ☐ No

Comments: _____

Facility Rating (Check one for each criterion)

	Met Expectation	Below Expectation	Not Applicable
Welcoming environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleanliness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Open on time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Restroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lighting inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lighting outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facility/desk staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Program/Course Publicity Rating

Was the publicity: Clear ☐ Yes ☐ No
Informative ☐ Yes ☐ No
Timely ☐ Yes ☐ No

How did you find out about the course/program/activity?

- ☐ Flyer/brochure/newsletter ☐ Website
☐ TV/Cable ☐ Friend
☐ Guide to Recreation & Leisure
☐ Previous participation
☐ Newspaper: (Name) _____
☐ Other: _____

Registration Method Used

Check the method you used to register

- ☐ Mail ☐ RecWeb
☐ Starline ☐ Walk-In
☐ Other _____

Have you visited our Website?

☐ Yes ☐ No

Contact

If you would like a response to your comments, please print your name, daytime phone and/or email address here.

Name _____

Daytime Phone _____

Email Address _____

Mail To: Department of Recreation
Affiliated Services
4010 Randolph Road
Silver Spring, MD 20902-1099

Fax To: 240-777-6913

SENIORS - 55 AND FORWARD THINKING

Fall Back at a Senior Center or Neighborhood Senior Program

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each center and program is unique.

Senior Centers

Damascus Senior Center * + **(M-F, 9:00am-4:00pm)**

9701 Main Street, Damascus
301-253-1801

Gaithersburg Upcounty Senior Center * + **(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)**

80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + **(M-F, 9:00am-4:00pm)**

3950 Ferrara Drive, Wheaton
301-468-4448

Long Branch Senior Center * + **(M-F, 10:00am-2:00pm)**

Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * + **(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)**

1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)

Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)

Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + **(W, Th, 9:30am-2:00pm)**

Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring
301-570-1215

Clarksburg Seniors **(W 10:00am-2:00pm)**

Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield Seniors **(W, Th, 10:00am-2:00pm)**

Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * + **(Tu, F, 10:00am-2:00pm)**

East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* (Th 10:00am-2:00pm)

Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown Seniors * + **(M, Th, 10:00am-2:00pm)**

Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Senior Program **(Tu, W, F, 9:00am-4:00pm)**

Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors (M 10:00am-2:00pm)

Longwood Community Center,
19300 Georgia Avenue, Brookeville

Owens Park Seniors + **(Tu, W, 10:00am-2:00pm)**

Owens Park Recreation Center
19900 Beallsville Road, Beallsville
301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)

Potomac Community Center,
11315 Falls Road, Potomac

Waverly House Seniors * **(W, Th 10:00am-2:00pm)**

Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available
+ Limited transportation available



*I'm a 16
year old kid
trapped in a—
still reasonably
active—70 year
old body.*

Special Activities and Events

Margaret Schweinhaut Senior Center

August 13, 1:00-2:30pm *Kuchipudi* Indian Classical Intergenerational Dance Program

September 20-October 25, 1:30-3:30pm

University of Maryland Hearing Clinic.

Must register

October 8, 12:30-2:30pm Thirty-second Anniversary Celebration of the Margaret Schweinhaut Senior Center

Second Fridays starting October 8, 10:30-11:30am Himmelfarb Mobile University Series on American Anthropology

November 10, 1:00-2:30pm Veteran's Day Celebration including a color guard and speaker

November 16, 11:00am-2:00pm Free glaucoma screening, call to make an appointment

Holiday Park Senior Center

August 17 & 18, 1:15pm, The Jefferson Café, an interactive reading and discussion series in collaboration with Montgomery College.

August 24, 1:15pm, Maryland Humanities Council series lecture "Let the Games Begin: The Ancient Olympics."

September 14, 1:15pm, The Eyes Have It! Sight Saving Seminar: Tour of the Eye sponsored by Prevention of Blindness Society.

September 22, 1:15pm, The Levine School of Music and Holiday Park Senior Center invite you to a recruitment demonstration for the Sing, Sing, Swing Chorale. No experience needed.

October 22, 1:15pm, International folk dancing, drop-in. Monthly. \$1.00 at the door.

October 26, Tuesday, 1:15pm, (8-part lecture series) The Atomic Bomb.

Long Branch Senior Center

September 2, 11:00am, Quick Meals in Foil for Seniors, demonstration, speaker from Home Depot, free.

September 16, 10:00am-11:30am, Voter registration and demonstration of the voting machines. Barbara Sander, League of Women Voters, free.

October 26, 10:00am-12:00pm Flu shots, fee.

Live and Learn at the InfoExpo Sunday, September 12, Noon to 4:00pm, at White Flint Mall

- Informative exhibits
- Expert Speakers
- Health Screenings
- Entertainment
- Giveaways & Door Prizes

Sponsored by Senior Beacon newspaper in partnership with Montgomery County Recreation Department's Senior Programs

**For more information, call 301-949-9766 or
Holiday Park at 301-468-4448**



MONTGOMERY COUNTY

Charles W. Gilchrist

Center for Cultural Diversity

Providing Information and Referral Services on county programs and services, Adult Learning opportunities in Computer Applications, ESOL, Small Business Seminars, and other Outreach and Community Activities including Cultural Programs.

Visit us at: 11319 Elkin Street, Wheaton, Maryland 20902 or on the web at montgomerycountymd.gov/rec (select *Gilchrist Diversity Center* under *Programs* menu). Phone: 240-777-4940, Fax: 240-777-4941.

GET INVOLVED! Many volunteer opportunities include: Computer Applications, ESOL, Other Language Instruction, Data Entry, Information and Referral Services. Visit our website for more information.

NOW OPEN! Visit us at our satellite location located at the Upcounty Regional Services Center, 12900 Middlebrook Road, Suite 1000, Germantown, MD 20874. Call 240-777-6950 or 240-777-4940 for more information.

Start Soaring--It's the thing to do!

Awaken the spirit of adventure! Specially designed day trips for the active senior. Call 301-468-4540 for trip and registration information. Withdrawal policy differs from that on page 48.

111609 61st Annual Homes Tour & Crafts Festival **Friday October 1 in the Village of Waterford, VA**

Annual Homes Tour & Crafts Festival of Waterford, VA. See demonstrations of traditional craftsmanship by over 140 acclaimed artisans. Tours of 18th and 19th century homes ranging from simple Quaker buildings to spacious Victorian homes.

Fee: \$42 Leave 8:45am, Return 5:00pm

111610 Tour Valley Forge National Historical Park **Thursday October 7 with Historian Ed Bearss**

Trace the path of Washington's winter encampment march-in. Explore the rows of cannon, the soldiers log huts, the earthenwork fortifications, Washington's headquarters, and the majestic Memorial Arch. Hear the stories, legends, and struggle to survive of the Continental Army, as told by Ed Bearss retired Chief Historian of the National Park Service.

Fee: \$58 Leave 7:00am, Return 7:00pm

111611 Take a Hike! in Shenandoah **Thursday October 14 National Park**

A NPS Ranger will lead an easy hike to the top of Hawksbill Mountain during the height of brilliant fall colors. View a film about the history of this national park. Buffet lunch included. Also a drive along scenic Skyline Drive.

Fee: \$63 Leave 7:00am, Return 5:00pm

111612 Walking Tour at Thomas **Thursday October 21 Jefferson's Monticello**

A guided tour of the home of Thomas Jefferson makes history come alive. Also guided tours of the gardens and slaves quarters. Colonial lunch included at Historic Michie Tavern.

Fee: \$65 Leave 7:00am, Return 6:00pm



Maryland Senior Olympics

- Registration deadline is August 20. For more information, visit their website www.towson.edu/solympics or call 410-704-4456.
- October 7-10, Softball Games at Olney Manor Park. Spectators welcome.
- October 8-10, Singles/doubles Tennis at Olney Manor. Spectators welcome.

[SOAR] provides both physical and mental stimulation for seniors who wish to participate in vigorous activities and exercises geared to our abilities while continuing to learn.



111613 Walking Tour of Harper's Ferry **Thursday October 28**

Walk the historic part of town guided by a National Park Service Ranger. Hear the history of Robert Harper's ferry service, and John Brown's raid. Then take a guided hike to Jefferson's Rock to view the Potomac and Shenandoah Rivers. Buffet lunch on own at Hilltop House.

Fee: \$33 Leave 8:15am, Return 4:30pm

111614 Walking Tour of Embassy Row **Thursday November 4**

Be guided on a walk along Massachusetts Avenue. See mansions of the lavish Beaux-arts era, which are today's embassies. Visit inside the modernistic Finnish Embassy. Hear stories of these mansions narrated by renowned DC authority Mary Kay Ricks. Lunch on own at Union Station.

Fee: \$35 Leave 8:45am, Return 3:30pm

111615 Walking Tour of Historic Colonial **Wednesday November 10 Dover, Delaware**

Walk the historic section of Dover, DE with a local guide. Experience colonial history, see the site where 30 delegates ratified the Constitution making Delaware the First State. Visit Delaware's Old State House and enjoy a guided tour at the Victrola Museum. A buffet lunch is included.

Fee: \$49 Leave 7:30am, Return 5:30pm

111616 Guided and Narrated Walking Tour **Thursday November 18 of the U.S. Naval Academy**

View the historic grounds, hear fascinating history, legends, and traditions of the Naval Academy, and explore the Naval Museum. Lunch on own in Annapolis with time to walk Main Street and the City Dock Area.

Fee: \$36 Leave 8:00am, Return 4:00pm

AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Detailed schedules of recreational swim hours, lessons, swim teams and all other programs are available at each pool. For more information, call the number listed below.



Martin Luther King, Jr. Swim Ctr 301-989-1206

1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards and 5-meter platform, a separate warm water teach pool with shallow water for easy access, 2 hydrotherapy pools, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center 301-468-4211

5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two separate hydrotherapy pools, a 10-meter diving platform and interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.



Olney Indoor Swim Center 301-570-1210

16601 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room and locker and shower facilities.



Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website.

For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwiMontgomery, Montgomery Dive Club and Water Fitness Classes.

Go to a web browser and enter:

<http://montgomerycountymd.gov/rec>

Select the Programs link, then select the Aquatics Programs link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Swimming Instruction

Swim lessons meet once a week for 6 weeks, or twice a week for 3 weeks. Fall will offer two sessions. Fall I lessons are scheduled to begin mid-September and Fall II lessons will begin mid-October. A schedule listing dates, times and fees will be available at all pools by August 1 or see web site. There will be no online registration.

SWIM LESSONS WILL BE HELD ON ROSH HASHANAH, YOM KIPPUR, COLUMBUS DAY VETERAN'S DAY and ELECTION DAY.

Advanced in-person registration is necessary for learn-to-swim lessons for all ages and abilities and will take place at each pool. Sign up at the pool where you wish to take lessons. No phone or mail registration will be accepted. Classes may be consolidated or cancelled when it is deemed necessary.

Cost: \$40 to \$50 for six lessons. Non-County residents are charged an additional \$10.00 fee.

Lesson Registration dates for MAC, MLK, & OSC: Call pool for details or see schedule online. THERE WILL BE NO ONLINE REGISTRATION.

Youth:

Saturday Lessons August 21
Sunday Lessons August 22
Weekday Daytime August 25
Weekday Evening August 25

Adult:

Begins August 23 during pool operation hours.

Continued registration for residents, and registration for non-residents will begin the day following each initial registration during pool hours.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices. Groups of more than 6 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier about Punch 12 Discount Cards.

Pool Rentals-Parties

MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Special Aquatics Courses

Adapted Aquatics

This learn-to-swim program for children aged 4 to 15 with special needs, runs concurrently with other MAC swim programs. Volunteers are needed to assist instructors. For information, call 301-468-4211. Registration begins Monday, August 23.

Lifeguard, CPR, and Instructor Training

Courses will be offered at MLK, MAC or OSC. Specific schedules are available at pools and online. Registration begins in early September. THERE IS NO ONLINE REGISTRATION.

Competitive Programs

SwiMontgomery

SwiMontgomery is a developmental program at MAC and OSC for children who have received swim lessons or have had at least one summer of swim team experience, but are not yet ready for the RMSC Swim Team Program. Call the pool for more information.

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit www.montgomerydiveclub.com.

Sunday Evening Stroke & Turn Improvement Clinic

This is a stroke improvement swim program for summer league swimmers to continue in a once-a-week technique clinic. It is available at MAC, MLK, and OSC. Call 240-350-8511 for information.

Rockville Montgomery Swim Club

RMSC is a year-round, USA Swimming affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for United States Swimming. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

RMSC

Swimmers new to the program need to attend a skill assessment and group placement at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Entry into advanced level groups is available by coaches' invitation only.

Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Additional program fees to be paid at practice site.

Call the pool for more information.

Montgomery Aquatic Center

111619	Minis	\$550
111620	Juniors	\$550
111621	Advanced Juniors	\$600
111622	Seniors	\$580
111623	Advanced Seniors	\$640
111625	NDG	\$625
111627	NTG	\$690

Martin Luther King Swim Center

111628	Minis	\$550
111629	Juniors	\$550
111630	Advanced Juniors	\$600
111631	Seniors	\$580
111632	Advanced Seniors	\$640
111634	NDG	\$625
111636	NTG	\$690

Olney Aquatic Center

111637	Minis	\$550
111638	Juniors	\$550
111639	Juniors 2	\$550
111640	Advanced Juniors	\$600
111641	Seniors	\$580
111642	Advanced Seniors	\$640
111644	NDG	\$625
111646	NTG	\$690



Early morning practices help Swim Club members keep that competitive edge.

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

"Masters" Swim Training

This training is designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC, and OSC. For information contact Tom Denes at 301-564-4234 or waterprfch@aol.com.

Mariners

Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Montgomery Aquatic Center

					Eight Lanes
	Tue/Thu				8:30-10:00pm
	Fri				8:30-9:30pm
	Sun				8:00-10:00am
Instructor:	Premier Swim				
1 day					\$75.00
110998	Montgomery AqC	9/12	1 day	8:00am-10:00am	
2 days					\$115.00
110999	Montgomery AqC	9/12	2 days	8:00am-10:00pm	
3 days					\$155.00
111000	Montgomery AqC	9/12	3 days	8:00am-10:00pm	
4 days					\$195.00
111001	Montgomery AqC	9/12	4 days	8:00am-10:00pm	
5 days					\$235.00
111002	Montgomery AqC	9/12	5 days	8:00am-10:00pm	

Martin Luther King, Jr Pool Six Lanes

	Mon/Wed				8:30-10:00pm
	(Weekend practices at MAC & OSC)				
Instructor:	Premier Swim				
1 day					\$75.00
111003	ML King SwC	9/12	1 day	8:00am-10:00am	
2 days					\$115.00
111004	ML King SwC	9/12	2 days	8:00am-10:00pm	
3 days					\$155.00
111005	ML King SwC	9/12	3 days	8:00am-10:00pm	
4 days					\$195.00
111006	ML King SwC	9/12	4 days	8:00am-10:00pm	
5 days					\$235.00
111007	ML King SwC	9/12	5 days	8:00am-10:00pm	

Olney Swim Center

	Tue/Thu				Four Lanes
	Sat				8:30-10:00pm
					7:30-9:00am
Instructor:	Premier Swim				
1 day					\$75.00
111008	Olney SwC	9/12	1 day	8:00am-10:00am	
2 days					\$115.00
111009	Olney SwC	9/12	2 days	8:00am-10:00pm	
3 days					\$155.00
111010	Olney SwC	9/12	3 days	8:00am-10:00pm	
4 days					\$195.00
111011	Olney SwC	9/12	4 days	8:00am-10:00pm	
5 days					\$235.00
111012	Olney SwC	9/12	5 days	8:00am- 9:00am	



The Mariners swim program offers competitive adult swimmers structured practices with a professional coach.

Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488
wellnet1@aol.com

Waterworks: Sally Dimsdale 301-593-1609
sallyswaterworks@msn.com

H2O Fitness: Peggy Brower 301-603-1328
browsers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

13 sessions \$65.00

Instructor: H2O Fitness

110227	ML King SwC	9/13	M	10:00am-10:50am
110228	ML King SwC	9/15	W	10:00am-10:50am

Aqua Sculpting

This is a high intensity workout with no impact on your legs, often associated with land-based exercise classes. Aqua Sculpting is done in the shallow end of the pool using the resistance of water to tone the body. Dumbbells and gloves are recommended and can be purchased at class.

13 sessions \$65.00

Instructor: H2O Fitness

110229	ML King SwC	9/17	F	10:00am-10:50am
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Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

13 Sessions \$65.00

Instructor: H2O Fitness

110230	ML King SwC	9/14	Tu	10:00am-10:50am
110231	ML King SwC	9/16	Th	10:00am-10:50am

Instructor: Waterworks

110233	Montgomery AqC	9/14	Tu	6:30pm- 7:20pm
110234	Montgomery AqC	9/16	Th	6:30pm- 7:20pm
110232	Montgomery AqC	9/17	F	7:30am- 8:20am

Instructor: Wellness Network

110237	Olney SwC	9/13	M	9:30am-10:20am
110235	Olney SwC	9/14	Tu	7:00pm- 7:50pm
110236	Olney SwC	9/16	Th	7:00pm- 7:50pm

Tip for a healthier life:

Move your body! Even short periods of activity can increase your fitness level.

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

10 Sessions \$50.00

Instructor: Waterworks

110270 Montgomery AqC 9/11 Sa 9:30am-10:20am

Instructor: Network, Inc Wellness

110269 Olney SwC 9/11 Sa 9:00am- 9:50am

13 Sessions \$65.00

Instructor: H2O Fitness

110239 ML King SwC 9/13 M 1:00pm- 1:50pm

110243 ML King SwC 9/14 Tu 7:30am- 8:20am

110241 ML King SwC 9/15 W 1:00pm- 1:50pm

110244 ML King SwC 9/16 Th 7:30am- 8:20am

110246 ML King SwC 9/17 F 1:00pm- 1:50pm

Instructor: Waterworks

110245 Montgomery AqC 9/13 M 8:30am- 9:20am

110247 Montgomery AqC 9/13 M 1:30pm- 2:20pm

110248 Montgomery AqC 9/14 Tu 10:00am-10:50am

110254 Montgomery AqC 9/14 Tu 7:30pm- 8:20pm

110249 Montgomery AqC 9/15 W 8:30am- 9:20am

110250 Montgomery AqC 9/15 W 1:30pm- 2:20pm

110251 Montgomery AqC 9/16 Th 10:00am-10:50am

110255 Montgomery AqC 9/16 Th 7:30pm- 8:20pm

110252 Montgomery AqC 9/17 F 8:30am- 9:20am

110253 Montgomery AqC 9/17 F 1:30pm- 2:20pm

Instructor: Wellness Network

110263 Olney SwC 9/13 M 7:00pm- 7:50pm

110266 Olney SwC 9/13 M 6:30am- 7:20am

110240 ML King SwC 9/14 Tu 7:00pm- 7:50pm

110256 Olney SwC 9/14 Tu 8:00pm- 8:50pm

110257 Olney SwC 9/14 Tu 8:30am- 9:20am

110261 Olney SwC 9/14 Tu 10:30am-11:20am

110264 Olney SwC 9/15 W 7:00pm- 7:50pm

110265 Olney SwC 9/15 W 1:30pm- 2:20pm

110267 Olney SwC 9/15 W 6:30am- 7:20am

110242 ML King SwC 9/16 Th 7:00pm- 7:50pm

110258 Olney SwC 9/16 Th 8:00pm- 8:50pm

110259 Olney SwC 9/16 Th 8:30am- 9:20am

110262 Olney SwC 9/16 Th 10:30am-11:20am

110260 Olney SwC 9/17 F 6:00pm- 6:50pm

110268 Olney SwC 9/17 F 1:30pm- 2:20pm



Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

13 Sessions \$65.00

Instructor: H2O Fitness

110271 ML King SwC 9/14 Tu 8:30am- 9:20am

110272 ML King SwC 9/16 Th 8:30am- 9:20am

Instructor: Waterworks

110277 Montgomery AqC 9/13 M 9:30am-10:20am

110273 Montgomery AqC 9/14 Tu 8:30am- 9:20am

110275 Montgomery AqC 9/15 W 9:30am-10:20am

110274 Montgomery AqC 9/16 Th 8:30am- 9:20am

110276 Montgomery AqC 9/17 F 9:30am-10:20am

Instructor: Wellness Network

110282 Olney SwC 9/13 M 1:30pm- 2:20pm

110278 Olney SwC 9/14 Tu 7:00pm- 7:50pm

110280 Olney SwC 9/14 Tu 9:30am-10:20am

110279 Olney SwC 9/16 Th 7:00pm- 7:50pm

110281 Olney SwC 9/16 Th 9:30am-10:20am



Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

13 Sessions \$65.00

Instructor: Waterworks

110285 Montgomery AqC 9/13 M 11:00am-11:50am

110286 Montgomery AqC 9/15 W 11:00am-11:50am

110287 Montgomery AqC 9/17 F 11:00am-11:50am

Instructor: Wellness Network

110288 Olney SwC 9/13 M 10:00am-10:50am

110283 ML King SwC 9/14 Tu 10:30am-11:20am

110289 Olney SwC 9/15 W 10:00am-10:50am

110284 ML King SwC 9/16 Th 10:30am-11:20am

110290 Olney SwC 9/17 F 10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

13 Sessions \$65.00

Instructor: H2O Fitness

110306 ML King SwC 9/13 M 9:00am- 9:50am

110308 ML King SwC 9/15 W 9:00am- 9:50am

110310 ML King SwC 9/17 F 9:00am- 9:50am

Instructor: Waterworks

110312 Montgomery AqC 9/14 Tu 11:30am-12:20pm

110315 Montgomery AqC 9/14 Tu 8:30pm- 9:20pm

110314 Montgomery AqC 9/16 Th 11:30am-12:20pm

Instructor: Wellness Network

110311 Montgomery AqC 9/13 M 8:30pm- 9:20pm

110316 Olney SwC 9/13 M 9:00am- 9:50am

110319 Olney SwC 9/13 M 8:00pm- 8:50pm

110307 ML King SwC 9/14 Tu 8:00pm- 8:50pm

110313 Montgomery AqC 9/15 W 8:30pm- 9:20pm

110317 Olney SwC 9/15 W 9:00am- 9:50am

110320 Olney SwC 9/15 W 8:00pm- 8:50pm

110309 ML King SwC 9/16 Th 8:00pm- 8:50pm

110318 Olney SwC 9/17 F 9:00am- 9:50am

Being in the water and exercising has made all the difference in the world.



Germantown Town Center
MD 118 & Middlebrook Road
12901 Town Commons Drive
Germantown, MD 20874

DANCE

LITERARY ARTS

MUSIC

THEATER ARTS

VISUAL ARTS

Classes in all
disciplines
for
Homeschoolers

DANCE

Ballet Tap
Swing Salsa Jazz
Hip Hop Urban Funk
Creative Movement

MUSIC

Voice Chamber
Guitar Orchestra

LITERATURE

Storeytelling
Playwriting
Murder Mystery

THEATER

Creative Dramatics
Musical Theater
Improv

VISUAL ART

Painting Stained Glass Sculpture
Cartooning Drawing Printmaking

Classes for People with
SPECIAL NEEDS
in Visual Art, Dance, and
Deaf and Koda

EARLY CHILDHOOD PROGRAMS
in Literature, Music, Visual Art, Dance

For more information, call **240-912-1053** or visit www.blackrockcenter.org

We Want You!

Part-time Staff are needed to lead a wide variety of activities.
Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality
classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Affiliated Services-Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Fall!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!
Just call the team you want to work with.

YOUTH SERVICES TEEN ACTIVITIES

Volunteer Opportunities for Teens

The Department of Recreation is always looking for teen volunteers to make a difference in our county. Volunteers receive training and Student Service Learning hours for their leadership in our activities.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions October through March and January through June, the application deadline for the first session is mid September.

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs high school students with high school students with disabilities with other sports-minded high school students, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year and play team-oriented sports such as soccer, basketball, and swimming.



Opportunities for Middle & High School Teens

YOUTH ADVISORY COMMITTEE

YAC is a fifty-member committee appointed each summer by the County Executive. Their purpose is to take action on recommendations from peers to improve the quality of life for Montgomery County youth. From social issues to special events, they play an active role, participating and producing programs that have a positive impact on Montgomery County. Both middle school and high school students are represented on this committee.

Activities for Teens

TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call your school for details.

COMMUNITY TEEN INITIATIVES

Various community groups in collaboration with the Department of Recreation plan teen programs and special events including dances, live bands and bowling. These are just a sample of the possible activities planned by and for teens in your community.

HALF DAY EVENTS

On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie nights, and dances.

UNDER 21 SPECIAL EVENTS

Exciting activities are being planned for the fall including billiards nights, dances and more; with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Sponsored by the Montgomery Youth Advisory Committee.

REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current after-school program time frame, selected schools have been identified as priority schools. These priority schools have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your school-based After-School Activities Coordinator or call the Teen office.

AFTER HOURS

These popular Friday evening programs for middle school students, are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events.



For the latest information, schedules or brochures on any of the following activities please call the Youth Services Team at 240-777-6961 or check out our web page at montgomerycountymd.gov/rec.

From a rousing game of basketball to a challenging game of chess, our Teen programs feature activities for everyone.

THERAPEUTIC RECREATION PROGRAMS

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.

Teen and Adult Programs

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.** No class on 11/11 and 11/25.

8 One hour and thirty minute sessions		\$35
110174 ML King SwC	10/12 Tu	8:30pm
110175 ML King SwC	10/14 Th	8:00pm



A pottery student enjoys learning new techniques in Therapeutic Recreation's pottery class.

Beginning Handbuilt

Pottery for Adults

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. **No personal care provided.**

8 One hour sessions		\$63
110176 Wheaton CC	10/13 W	1:30pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan. No class 11/11 and 11/25.

6 One hour sessions		\$35
110178 Holiday Park SrC	10/14 Th	3:30pm

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions		\$35
110183 Germantown CC	10/17 Sun	1:00pm

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 11/11, 11/24 and 11/25.

8 One hour sessions		\$33
110184 Bauer Drive CC	10/14 Th	7:00pm
110185 Wheaton CC	10/11 M	7:00pm
110186 Germantown CC	10/13 W	7:30pm



Teen and Young Adult Funfit

Ages 13-21 years, with developmental delays: This fun-filled, high energy activity class includes games, music, parachute, balls, and movement for a great workout. Adult to remain at class. 1 staff to 12 participants. No personal care provided. \$10 material fee due to instructor.

8 Forty five minute sessions		\$63
110189 Holiday Park SrC	10/13 W	4:30pm

Children's Programs

Golf at Laytonsville

Ages 8-16, with hearing loss/deaf or ADHD/ADD: Instruction includes setup (proper grip, stance, and posture), mechanics of the golf swing (half swing and full swing), and putting techniques. Course instructor is fluent in American Sign Language (ASL). TTY 240-777-6974. 4-6 students per instructor. \$5.00 ball fee due each class. Bring clubs.

5 One hour sessions		\$85
110179 Laytonsville GC	TBA M	4:30pm

This [karate class] is a valuable program which fills a need so many children with delays have...



Kaleidoscope

Ages 6-10, with learning disabilities and/or attention deficit disorder (ADHD): A structured setting offers arts and crafts, games, and outdoor play in a park setting with playgrounds and fields. Participants should be able to follow simple instructions, understand basic rules, and express needs. Bring a bag lunch. 1 staff to 4 participants. No class on 11/27.

8 Three hour sessions **\$63**
 110180 Ken Gar Palisades PC 10/16 Sa 10:30am

Karate for Individuals with Disabilities

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

8 Forty-five minute sessions **\$70**
 110181 Randolph Hills PC 9/11 Sa 9:00am
 110182 Randolph Hills PC 9/11 Sa 9:45am

Programs to look for in the Fall Therapeutic Recreation Brochure

TR Adult Social Clubs Exciting weekend activities for ages 21 and older. Come make new friends and join the fun!

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include a Halloween dance on October 29 and a holiday celebration on December 10.

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
 3950 Ferrara Drive
 Wheaton, MD 20906



Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

COMPETITIVE SPORTS

A variety of sports leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Adult leagues register by team only and generally include Men's, Women's, and CoRec divisions. Registration materials for adult leagues may be obtained on a seasonal basis by request. Contact the CCS Team office to receive current information. **Do not use the registration form in this Guide.** Individuals seeking to be placed on a team may call to be added to the list provided to managers.

Senior adult sports (age 50 and up), call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

	Summer	Fall	Winter	Spring
Basketball				
Senior Adult			December-10 games	
Adult	June-10 games		December-10 games	
High School	June-10 games	September-8 games	January-10 games	
Rising Star, Grades 6–8	June-10 games		January-10 games	
Instructional, Grades 1–2			January-8 sessions	
Football				
Co-Rec, Flag		September-10 games		
Men's Touch		September-10 games		
In line hockey				
Youth 6–16 years		September-8 games		April-8 games
Soccer				
Men's, Women's and Co-Rec		September 8/9 games		April-8/9 games
Instructional, Grades K–4		October-6 sessions		April-6 sessions (Grades K-2 only)
Softball				
Senior Adult				April-14/28 games
Men's, Women's and Co-Rec	June-10 games	August-7/14 games		April-14/28 games
High School Fastpitch	June-10 games			
Volleyball				
Men's, Women's and CoRec		September-7 matches		April-7 matches
Clinics	June-7 weeks		January-7 weeks	



Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages. Browse through the Guide... see what we have to offer!

Want to learn more?

Please call our Customer Service desk at 240 777-6840.

Sports for Youth and Adults

First Tee Montgomery-Youth Golf

For youth interested in learning golf, MCRD is working in partnership with First Tee Montgomery, Inc. to provide program scholarships at the Laytonsville and White Oak golf courses. Instruction will be by PGA professionals. Students will learn the basics of the golf swing, rules, etiquette and other essentials of the game. Call 301-948-6613 or Laytonsville or White Oak Golf Courses for the schedule of upcoming sessions.



Badminton

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play.

Badminton Beginner/Advanced Beginner: \$10 material fee payable to the instructor the first class.

8 sessions **\$52.00**

Instructor: T/A Norton Savage
Montgomery County Badminton Club
111185 Bauer Drive CC 9/7 Tu 6:00pm-7:00pm

Intermediate/Advanced: \$20 material fee due to the instructor the first class.

8 sessions **\$83.00**

Instructor: T/A Norton Savage
Montgomery County Badminton Club
111186 Bauer Drive CC 9/11 Sa 10:30am-12:30pm

Recreational Basketball

Ages 18 & Up: Supervised free play in basketball, continues throughout the school year.

10 sessions **\$42.00**

Instructor: Stanley E. Kensky
111183 White Oak MS 9/13 M 6:00pm-8:00pm
111184 White Oak MS 11/29 M 6:00pm-8:00pm

Holiday Hoops Basketball Clinic

Grades 2-8: For boys and girls. Instructed by One on One Basketball, Inc. Each session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking sneakers or tennis shoes.

5 sessions **\$175.00**

Instructor: One on One Basketball
111248 Kingsview MS 12/27 M-F 9:00am-3:00pm
111249 Leland CC 12/27 M-F 9:00am-3:00pm
111250 Wheaton CC 12/27 M-F 9:00am-3:00pm

Basketball Clinics

Grades 1-6: Presented by One on One Basketball, these fall clinics are designed to prepare you for the upcoming season. Fundamental skills including dribbling, shooting, passing, and defense will be emphasized in a fun, enjoyable, low pressure atmosphere.

6 sessions **\$62.00**

Instructor: One on One Basketball

Grades 1-2

111099	Wheaton CC	9/19	Su	12:00pm-1:00pm
111113	Germantown CC	9/19	Su	1:00pm-2:00pm

Grades 3-4

111100	Potomac CC	9/19	Su	12:00pm-1:00pm
111107	Wheaton CC	9/19	Su	1:00pm-2:00pm
111112	Germantown CC	9/19	Su	2:00pm-3:00pm
111103	Cabin John MS	9/20	M	6:00pm-7:00pm
111098	Leland CC	9/21	Tu	5:00pm-6:00pm
111102	Kingsview MS	9/22	W	6:00pm-7:00pm

Grades 5-6

111105	Potomac CC	9/19	Su	1:00pm-2:00pm
111106	Germantown CC	9/19	Su	3:00pm-4:00pm
111109	Wheaton CC	9/19	Su	2:00pm-3:00pm
111111	Cabin John MS	9/20	M	7:00pm-8:00pm
111104	Leland CC	9/21	Tu	6:00pm-7:00pm
111110	Kingsview MS	9/22	W	7:00pm-8:00pm

Soccer Clinics

Instructional program taught by professional instructors. Emphasis on dribbling, passing, shooting and having fun. Teams play 4 v 4 format and may have home and away scrimmages during the season. Wear shin guards and soccer shoes; Grades K-2 bring a size 3 ball with name on it.

6 sessions **\$52.00**

Instructor: American Soccer Academy

Kindergarten:

111172	Flower Hill LP	9/11	Sa	9:00am-10:00am
111174	Woodacres LP	9/11	Sa	9:00am-10:00am
111175	West Fairland LP	9/11	Sa	9:00am-10:00am
111173	Dennis Ave ES	9/12	Su	1:00pm-2:00pm
111176	Potomac CC	9/12	Su	1:00pm-2:00pm

Grades 1-2

111177	Goshen ES	9/11	Sa	10:00am-11:00am
111179	Woodacres LP	9/11	Sa	10:00am-11:00am
111180	West Fairland LP	9/11	Sa	10:00am-11:00am
111178	Dennis Ave ES	9/12	Su	2:00pm-3:00pm
111181	Potomac CC	9/12	Su	2:00pm-3:00pm

Grades 3-4

111168	Flower Hill LP	9/11	Sa	11:00am-12:00pm
111169	Woodacres LP	9/11	Sa	11:00am-12:00pm
111170	West Fairland LP	9/11	Sa	11:00am-12:00pm
111167	Dennis Ave ES	9/12	Su	3:00pm-4:00pm
111171	Potomac CC	9/12	Su	3:00pm-4:00pm



Basketball players polish their skills under the guidance of Recreation coaches.



To Register for Round House Theatre Classes and Programs:

- 1) Checks must be made payable to Round House Theatre
- 2) By Mail: Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910
- 3) By Fax: 301.585.9696
- 4) By Phone: 301.585.1225

****ANY REGISTRATIONS SENT TO MONT. COUNTY REC DEPARTMENT WILL NOT BE PROCESSED****

ALL CLASSES WILL BE HELD AT ROUND HOUSE THEATRE EDUCATION CENTER, 925 WAYNE AVE., SILVER SPRING 20910

Course Name	Age/Grade	Code	Day/Date/Time	Tuition
DRAMATOTS	Ages 3-5	1001.201	Saturdays, Sept. 18-Dec. 4, 9:30 – 10:30 AM	\$215
DRAMATOTS	Ages 3-5	1001.202	Sundays, Sept. 19-Nov. 21, 12:30-1:30 PM	\$215
Pre-school students experience the magic of theatre in this terrific class. By using familiar stories and creating new ones, students explore their imaginations through drama, movement, and visual art. Saturdays: No class Sept. 25 or Nov. 27.				
LET'S IMAGINE	GR. K-1	1002.201	Saturdays, Sept. 18 – Dec. 4, 9:30 – 10:30 AM	\$185
LET'S IMAGINE	GR. K-1	1002.202	Sundays, Sept. 19 – Nov. 21, 12:30 – 1:30 PM	\$185
This class offers the perfect environment for students who love to play theatre games, act out stories, and exercise their imaginations. Our instructors help students unlock their creativity through the development and sharing of ideas, which builds confidence, self-awareness, and cooperative play. Imagine That! Saturdays: no class Sept. 25 or Nov. 27.				
FUN W/ THEATRE	GR. 2-3	1004.201	Saturdays, Sept. 18 – Dec. 4, 10:30 – 11:30 AM	\$185
FUN W/ THEATRE	GR. 2-3	1004.202	Sundays, Sept. 19 – Nov. 21, 1:30 PM – 2:30 PM	\$185
Every child can benefit from the opportunity to channel their creativity into developing basic performance skills. This class encourages self-expression as students explore their imaginations and work together to create drama. Saturdays: no class Sept. 25 or Nov. 27.				
ADVENTURES IN ACTING	GR. 4-6	1006.201	Saturdays, Sept. 18 – Dec. 4, 11:30 AM – 12:30 PM	\$185
ADVENTURES IN ACTING	GR. 4-6	1006.202	Sundays, Sept. 19 – Nov. 21, 2:30 PM – 3:30 PM	\$185
Students create scenes and perform them for an audience in a relaxed environment. Activities include creative drama, monologue and scene preparation, and improvisation exercises that build on students' previous theatre experiences. Saturdays: no class Sept. 25 or Nov. 27.				
LET'S SHARE SHAKESPEARE	GR. 5-7	1008.201	Saturdays, Sept. 18 – Dec. 4, 12:30 – 2:30 PM	\$300
LET'S SHARE SHAKESPEARE	GR. 5-7	1008.202	Sundays, Sept. 19 – Nov. 21, 2:30 – 4:30 PM	\$300
In this popular class students learn to apply their own imaginations and creativity to the performance of Shakespeare. While rehearsing and performing scenes and monologues from the Bard's plays, participants will hone their performance skills in a fun and supportive atmosphere. The final two classes will be spent performing around Montgomery County. Families are responsible for their own transportation. Saturdays: no class on Sept. 25 or Nov. 27.				
ACT FAST! IMPROVISATION	GR. 6-8	3012.201	Saturdays, Sept. 18 – Dec. 4, 12:30 – 2:30 PM	\$300
Thinking on your feet is not just a skill for actors: everyone can benefit from this fun, fast-paced course. Ensemble problem-solving channels creative energy, encourages spontaneity, and builds self-confidence through improvisation games and exercises. No class on Sept. 25 or Nov. 27.				
YOUTH ONSTAGE	GR. 6-8	3010.201	Saturdays, Sept. 18 – Dec. 18, 2:30 – 4:30 PM	\$325
Students in this popular course spend the fall developing and rehearsing an educational, entertaining, and exciting children's show! This class is a wonderful opportunity to learn by doing. The final two classes will be spent performing around Montgomery County. Families are responsible for their own transportation to performance sites. No class on Sept. 25 or Nov. 27. By audition only. Call 301.585.1225 for audition information.				
MUSICAL THEATRE	GR 7-12	3007.202	Sundays, Sept. 19 – Nov. 21, 2:30 – 4:30 PM	\$350
Ever wanted to be a triple threat theatre performer? Students will prepare scenes from hit musicals and learn vocal, interpretative, and movement techniques. This class offers a golden opportunity to develop existing skills and discover new ones in a fun and supportive environment.				
DANCE for MUSICAL THEATRE	GR 7-12	3009.201	Saturdays, Sept. 18- Dec. 4, 10:30 AM – 12:30 PM	\$300
Students in this exciting new class will improve their movement skills and learn how to follow dance combinations with an eye toward preparation for musical theatre auditions and performances. No class Sept. 25 or Nov. 27.				
AFTER-SCHOOL ACTING	GR 5-8	1005.200	Mon. & Wed., Sept. 20 – Nov. 10, 4:00 – 5:00 PM	\$250
AFTER-SCHOOL MUSICAL THEATRE	GR 5-8	1007.200	Tues. & Thurs., Sept. 21 – Nov. 16, 4:00 – 5:00 PM	\$300
Musical Theatre: No class Tuesday Nov. 2.				
HIGH SCHOOL SKILL WORKSHOPS				
Five-week intensive courses focusing on specialized topics in theatre.				
AUDITION SKILLS	GR. 9-12	3017.201	Saturdays, Sept. 18 – Oct. 23, 12:30 – 2:30 PM	\$200
IMPROVISATION	GR. 9-12	3018.201	Saturdays, Sept. 18 – Oct. 23, 2:30 – 4:30 PM	\$200
VOICE & MOVEMENT	GR. 9-12	3013.201	Saturdays, Oct. 30 – Dec. 4, 12:30 – 2:30 PM	\$200
PLAYWRIGHTING	GR. 9-12	3014.201	Saturdays, Oct. 30 – Dec. 4, 2:30 – 4:30 PM	\$200
Audition Skills/Improvisation: No class on Sept. 25. Voice & Movement/Playwriting: No class on Nov. 27.				
ADULT CLASSES				
AGE 18+				
MONOLOGUE & CHARACTER BUILDING		5013.200	Mondays, Sept. 20 – Nov. 22, 7:30 – 9:30 PM	\$300
IMPROVISATION		5018.200	Tuesdays, Sept. 21 – Nov. 30, 7:30 – 9:30 PM	\$300
No class on November 2.				
FIVE-WEEK MINI-TERMS:				
Fun-filled five-week courses that let students' imaginations take the lead!				
CREATE your own ADVENTURE	GR 3-5	1003.201	Saturdays, Oct. 2 – Oct. 30, 1:30 – 2:30 PM	\$100
YOU WRITE the SONGS	GR 3-5	1003.202	Sundays, Oct. 3 – Oct. 31, 2:30 – 3:30 PM	\$100
IT'S YOUR MOVE	GR 4-6	1003.212	Sundays, Oct. 3 – Oct. 31, 12:30 – 1:30 PM	\$100

JOIN US for "FREE FOR ALL FRIDAYS" during the month of OCTOBER! FREE CREATIVE DRAMA CLASS FOR ALL AGES Fridays, 4:00 – 5:00 PM

CALL FOR INFORMATION about SPECIAL THEME CLASSES in Mask-Making, Puppetry, and Dance! Oct. 30/31, Nov. 20/21, Dec. 11/12.

YOUTH SERVICES SPORTS

A variety of sports leagues for youth and teens are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the department. Interested adults may call for coaching information.

Grades	Summer	Fall	Winter	Spring
Basketball Grades 3–8		September-7 games (Grades 5-8 only)	January-8 games	
Baseball Grades 2–9 Tball Grades K–2				April-10 games April-6 sessions
Field Hockey Beginner Girls, Grades 4-6 Rookie Girls, Grades 7-8 Varsity Girls, Grades 8–9 Indoor Girls, Grades 3–9		September-6 games September-8 sessions September-8 sessions	December Open House January-6 sessions	
Intramural Girls, Grades 4–9	April-6 sessions			
Football Grades 2–9 Flag		September-7 games		
Softball Slowpitch Girls, Grades 3–12		September-8 games (Grades 3-8 only)		April-10 games
Fastpitch Girls, Grades 7–8 & 9–12		September-8 games		April-10 games (Grades 7-8 only)

National Youth Sports Coaches' Association (NYSCA) certification program



Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.

OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

Flag football-Saturday hours, Grades 2-9. Training begins in September

Baseball and Softball-Saturday and Sunday hours. Grades 2-9. Training in March

Basketball-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.

Department of Park and Planning



M-NCPPC's Dept. of Park & Planning oversees 31,000 acres of park land in Montgomery County. Admission to parks is free, but some programs require advance registration and a fee.

Call 301-495-2503 for general park information, or check the Web at www.mc-mncppc.org. For details about facilities and programs accessible to persons with disabilities, call the facility or TDD 301-495-1331.

SOUTH GERMANTOWN RECREATIONAL PARK

Test your skill on two miniature golf courses, or experience the unique and very popular splash playground. For hours of operation, call 301-601-3580. An Adventure Playground, tot lots, picnic area, hiker-biker trails, ball fields, and archery range are also available. The Park is home to the Maryland Soccerplex (301-528-1480) with 19 outdoor soccer fields and the Discovery Sports Center, the Germantown Golf Park driving range (301-972-6770), and the King Dairy Mooseum (301-229-4385).

INDOOR TENNIS

Cabin John Regional Park
Cabin John Indoor Tennis Ctr.
7801 Democracy Blvd.
Bethesda
301-365-2440

Wheaton Regional Park
Wheaton Indoor Tennis Ctr.
Orebaugh & Arcola Ave.
Wheaton
301-649-4049

Spot time and seasonal play available; lessons for all ages on six courts. Call for party rates. Gift certificates available.

NATURE CENTERS

Black Hill Visitor Center
Black Hill Regional Park
20926 Lake Ridge Dr.
Boyd's
301-972-3476

Brookside Nature Center
Wheaton Regional Park
1400 Glenallan Ave.
Wheaton
301-946-9071

Locust Grove Nature Center
Cabin John Regional Park
7777 Democracy Blvd.
Bethesda
301-299-1990

Meadowside Nature Center
Rock Creek Regional Park
5100 Meadowside La.
Rockville
301-924-4141

Hikes, bird watching, van trips, hands-on exploration, storytelling and more are part of tradition at the nature centers. All ages, individuals or groups. Programs vary at each center; some are free. Reservations required.

GOLF

Little Bennett Golf Course
25900 Prescott Rd.
Clarksburg
301-601-9209 or
800-366-2012

Northwest Park Golf Course
15711 Layhill Rd.
Silver Spring
301-598-6100

Needwood Golf Course
6724 Needwood Rd.
Derwood
301-948-1075

Sligo Golf Course
9701 Sligo Creek Pkwy.
Silver Spring
301-585-6006

White Oak Golf Course
10911 New Hampshire Ave.
Silver Spring
301-593-6910

Golf year round at beautiful, affordable courses. Equipment rentals, snack bars, pro shops. Some offer group/private lessons. Call for reservations.

CAMPING

Little Bennett Camping

23701 Frederick Road, Clarksburg 301-972-9222

Camp seven days a week Apr through Oct. Sites have tent pad, picnic table, metal fire grill. Some have electricity for RVs. Comfort stations with showers are within walking distance. Many activities available. Call for reservations.

BOATING

Black Hill Regional Park

Little Seneca Lake

20930 Lake Ridge Dr.

Boyd's 301-972-6157

Rock Creek Regional Park

Lake Needwood

15700 Needwood Lake Circle

Rockville 301-762-9500

Rent a canoe, rowboat or kayak, or launch your own small craft at Little Seneca Lake or Lake Needwood, which also has pedal boats. Pontoon boat tours conducted at both lakes. Mooring stakes available, and seasonal and daily permits for launching private boats may be purchased at both locations. Call for boating fees and schedules which begin Memorial Day.

GARDENS

Brookside Gardens

Wheaton Regional Park-Visitor Center & Giftshop

1800 Glenallan Avenue

Wheaton

301-962-1404

McCrillis House and Gardens

6910 Greentree Road

Bethesda

301-962-1404

Brookside Gardens contains botanical displays inside and out, and is spectacular year round. **McCrillis Gardens** has a shade garden and art gallery. Both have educational programs for all ages and serve as outstanding meeting places and sites for weddings, receptions, and all special events.

CONFERENCE CENTERS/MEETING PLACES

The rustic Lodge at Little Seneca Creek (Boyd's) has oak floors and a stone fireplace. Rockwood Manor (Potomac) is an elegant country home with overnight lodging available. For corporate meetings, shows, exhibits, concerts, reunions, weddings and party reservations, call 301-299-5026.

TICKETS TO RIDE

Ride an antique carousel at Wheaton Regional Park or take one of the miniature train rides at Cabin John or Wheaton Regional Park (weather permitting). Call 301-469-7835 (Cabin John) or 301-942-6703 (Wheaton) for schedules and fees. The National Capital Trolley Museum, 1313 Bonifant Road, Silver Spring, runs rides in Northwest Branch Park. Call 301-384-6088 for information.

ICE SKATING

Cabin John Ice Rink

10610 Westlake Dr.

Rockville

301-365-2246

Wheaton Ice Arena

117517 Orebaugh Ave.

Wheaton

301-649-2250 (recording)

301-649-3640

Both indoor facilities have changing rooms, party/meeting rooms, bleachers, pro shops and snack bars. Wheaton Ice Arena has a regulation NHL ice surface. The Cabin John Ice Rink has studio, NHL and Olympic-size sheets. Wheaton in-line rink is available for parties and leased time.

CLASSES

Holiday Classes

Club Holiday

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts and more time to chat and visit with your friends. The 'Cruise' will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. We'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

5 Sessions \$98.00

Instructor: Computer Technology Inc. CTI

110694 Potomac CC 12/27 M-F 9:30am-12:30pm

110695 Germantown CC 12/27 M-F 9:30am-12:30pm

110701 Longwood CC 12/27 M-F 9:30am-12:30pm

5 Sessions \$158.00

Instructor: Computer Technology Inc. CTI

110696 Germantown CC 12/27 M-F 9:30am- 3:30pm

110697 Potomac CC 12/27 M-F 9:30am- 3:30pm

110702 Longwood CC 12/27 M-F 9:30am- 3:30pm

Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

5 sessions \$26.00

Instructor: Computer Technology Inc.

110703 Potomac CC 12/27 M,Tu,W,Th,F 7:30am-9:30am

110705 Germantown CC 12/27 M,Tu,W,Th,F 7:30am-9:30am

110707 Longwood CC 12/27 M,Tu,W,Th,F 7:30am-9:30am

5 sessions \$31.00

Instructor: Computer Technology Inc.

110704 Potomac CC 12/27 M,Tu,W,Th,F 3:30pm-6:00pm

110706 Germantown CC 12/27 M,Tu,W,Th,F 3:30pm-6:00pm

110708 Longwood CC 12/27 M,Tu,W,Th,F 3:30pm-6:00pm

Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR). * Your tax deductible contribution can help support a community center, sponsor a recreation program, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the "Montgomery Parks Foundation," and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility or program you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

*FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec

Arts & Crafts for Youth

NEW Acrylic Painting for Teens

Ages 14-17: An acrylic painting class just for teens! Discover how to use acrylics to look like oil paintings. Please bring in several pictures of what you would like to paint. \$8 material fee due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. No class 10/9.

8 sessions \$83.00

Instructor: Margaret Deskin

109226 Fairland CC 9/25 Sa 10:30am-12:00pm

110025 Bauer Drive CC 10/6 W 4:00pm-5:30pm

NEW Drawing

Ages 14-17: A drawing class just for teens. Discover the mechanics of drawing as activities guide your artistic journey. Bring assorted large set and thin and thick set of washable markers and 11 x 14 inch tablet of bond paper. \$6 material fee due to instructor at the first class.

8 sessions \$83.00

Instructor: Margaret Deskin

109345 Longwood CC 10/7 Th 4:00pm-5:30pm

111349 Bauer Drive CC 10/3 Su 12:30pm-2:00pm

NEW Mini-Monet

Ages 6-9: A series of classes working with drawing and water-based painting using the Impressionist artists as a guide. Instruction includes line, form, composition, color and light. Understand and create landscape, floral, still life and portrait works. \$10 material fee due to instructor at first class. No class 11/2.

6 sessions \$67.00

Instructor: Julianne Musgrave

109425 Leland CC 10/5 Tu 4:30pm-6:00pm

NEW In-Toon

Ages 6-9: A cartooning class where everyone creates an original cartoon character and then works to see them in various forms such as puppets, kites, masks as well as a finished comic book. \$10 material fee due to instructor at first class.

6 sessions \$67.00

Instructor: Julianne Musgrave

109426 Long Branch CC 10/6 W 4:30pm-6:00pm

NEW Art Destinations Club

Ages 6&up: Your destination for creative fun. Every week explore new crafts, using a variety of materials which may include polymer clay, embossing, beads, painting and more! \$30 material fee per person due to instructor. Thursday night (6:00pm) is Family Night, adult participation and registration required.

Family Night

6 sessions \$63.00

Instructor: Abigail Dion

109274 Bauer Drive CC 10/7 Th 6:00pm-7:00pm

6 sessions \$63.00

Instructor: Abigail Dion

109177 Germantown CC 10/5 Tu 4:15pm-5:15pm

109178 Bauer Drive CC 10/7 Th 4:15pm-5:15pm

110948 Potomac CC 10/13 W 4:30pm-5:30pm



Let your child explore his or her artistic side with one of our youth art classes.

[Art Destinations] inspires kids, to create and learn without any pressure or feelings of being nervous...

★NEW★ Oil Painting for Fun

Ages 10-14: Discover techniques of oil painting on canvas. Focus on composition, perspective and paint flowers, landscapes, or abstracts of your choice. Finish two projects. \$5 material fee due to instructor. Additional supply list provided on first class.

5 sessions **\$55.00**

Instructor: B.J. Asher

110002 Wheaton CC 10/4 M 4:00pm-5:30pm

110003 Coffield CC 10/8 F 4:00pm-5:30pm



Budding cartoonists concentrate on their projects in the "Art of Cartooning" class.

Art of Cartooning

Ages 10-14: Imagine the many forms of cartoon drawing fun, caricature, humorous cartoons, comic strips, story telling. Apply your powers of imagination to a variety of projects. Bring drawing pad, markers, black pen, pencils, tempera colors, brushes and eraser. Finish two projects of your choice. \$5 material fee due to instructor at first class. Additional supply list provided at first class.

4 sessions **\$48.00**

Instructor: B.J. Asher

109875 Wheaton CC 10/2 Sa 3:00pm-4:30pm

110024 Wheaton CC 10/14 Th 4:00pm-5:30pm

109876 Coffield CC 10/16 Sa 11:00am-12:30pm

Arts & Crafts for Adults

Fine Art**Basic Photography**

Ages 13&up: Covers functions and operations of cameras, lenses, film and other equipment with emphasis on creative aspects and composition. Portrait lighting and use of flash is covered. Class includes assignments and field trip. Pictures taken will be critiqued in class. Field trip is on Saturday following third class.

6 sessions **\$75.00**

Instructor: George DeBuchananne

109176 Bauer Drive CC 9/27 M 7:00pm-10:00pm

Close Up Photography

Ages 16&up: Enrollment limited. Experience with SLR camera helpful. Take first class close-up (macro) photographs of subjects like flowers, coins, stamps, bugs, jewelry, etc. Learn the tricks of the trade in a one day workshop. Techniques described for all types of cameras, but participants will work with a 35mm single lens reflex (SLR). Equipment provided, but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. \$9 material fee due to instructor.

1 session **\$53.00**

Instructor: Lew Vendetti

110224 Ross Boddy CC 10/2 Sa 10:00am-3:30pm

★NEW★ Basic Portraiture

Ages 16&up: Demonstrate basic principles of lighting and posing. Set ups used in class are intended to be suitable for home use, class members will take turns posing. Actual photos will be taken and discussed. Students are welcome to bring their own camera and tripod. \$10 material fee due to instructor at class.

1 session **\$53.00**

Instructor: Lew Vendetti

110225 Ross Boddy CC 10/23 Sa 10:30am-3:30pm

★NEW★ Intermediate Portraiture

Ages 16&up: A continuation of basic portraiture. Lighting and posing will include high-key, low-key, and environmental portraiture. Techniques can usually be implemented at home, class members will take turns posing. Actual photos will be taken and discussed. Students are welcome to bring their own camera and tripod. Please bring a few photos from magazines or elsewhere that you like. \$10 material fee due to instructor at first class.

1 session **\$53.00**

Instructor: Lew Vendetti

110226 Ross Boddy CC 11/6 Sa 10:30am-3:30pm

Acrylic Painting Techniques

Ages 15&up: All ability levels: Learn to use acrylics to resemble the look of oil paintings. \$8 material fee due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. Please bring several pictures of what you would like to paint.

8 sessions **\$103.00**

Instructor: Margaret Deskin

109224 Leland CC 10/4 M 7:00pm-9:00pm

Oil Painting

Ages 12&up: Beginning/Advanced: Discover techniques in painting with oil as well as landscapes: composition, perspective, color theory, light, shadow and more. \$48 material fee due to instructor. Bring paper towels.

10 sessions **\$133.00**

Instructor: Yolanda Prinsloo

109174 Potomac CC 10/3 Su 6:00pm-8:00pm

Painting the Landscape w/Kritt

Ages 18&up: Paint meadows and mountains, seashore and snow scenes. Use watercolor or acrylics. Learn how to compose a painting that's worth framing. \$5 handout fee due to instructor. Call instructor at 301-989-1799 for supply list.

4 sessions **\$67.00**

Instructor: Penny Kritt

109674 Bauer Drive CC 11/4 Th 10:00am-12:00pm

109675 Kritt Studio 11/29 M 7:00pm-9:00pm

The [photography] instructor taught us the method and theory of improving our photo skills.

★ NEW ★ Painting Critiques w/Kritt

Ages 18&up: Use watercolors or acrylics for any subject you choose. For beginners or intermediates who need help on color, materials or design problems. Create something worth framing! \$5 handout fee due to instructor. Call 301-989-1799 for material list.

4 sessions **\$67.00**

Instructor: Penny Kritt

109593 Kritt Studio 9/29 W 10:00am-12:00pm

109594 Bauer Drive CC 9/30 Th 10:00am-12:00pm

109595 Kritt Studio 11/1 M 7:00pm-9:00pm

109596 Kritt Studio 11/3 W 10:00am-12:00pm

Drawing w/Kritt

Ages 18&up: Learn the basics that can be used to draw anything from flowers to furniture, buildings to bodies. See how shading can be used to show shadow, volume and proportion. Call 301-989-1799 for materials list. \$5 handout fee due to instructor.

4 sessions **\$67.00**

Instructor: Penny Kritt

109676 Kritt Studio 9/28 Tu 7:00pm-9:00pm

★ NEW ★ Floral Closeups w/Kritt

Ages 18&up: Create large, lovely close up paintings of the flowers you love. Use watercolor or acrylics. Learn how to use color and value to show how petals and leaves bend and intertwine. Call 301-989-1799 for supply list. \$5 handout fee due to instructor

4 sessions **\$67.00**

Instructor: Penny Kritt

109597 Kritt Studio 11/29 M 10:00am-12:00pm

★ NEW ★ Perspective Drawing w/Kritt

Ages 18&up: Draw anything from boxes to buildings. Proportion, perspective and vanishing points are the points are the tools you'll use. Call 301-989-1799 for material list. \$5 handout fee due to instructor.

4 sessions **\$67.00**

Instructor: Penny Kritt

109678 Kritt Studio 11/2 Tu 7:00pm-9:00pm

★ NEW ★ Create a Sketchbook w/Kritt

Ages 18&up: Sketchbooks are a great way to capture notes, drawings and "mini-paintings." Use anything from pencils and markers to paints. Make notes along with your drawings. Call 301-989-1799 for material list. \$5 handout fee due to instructor.

4 sessions **\$67.00**

Instructor: Penny Kritt

109679 Kritt Studio 11/30 Tu 7:00pm-9:00pm

Still Life w/Kritt

Ages 18&up: Use watercolors or acrylics to create still life paintings. Create textures for pearls, silver teapots, wicker baskets as well as flowers, wood furniture and lace. Learn composition and color usage. Call 301-989-1799 for material list. \$5 handout fee due to instructor at first class.

4 sessions **\$67.00**

Instructor: Penny Kritt

109427 Kritt Studio 9/27 M 10:00am-12:00pm

109428 Kritt Studio 11/9 Tu 10:00am-12:00pm

Beginning Painting w/Kritt

Ages 18&up: Use watercolors or acrylic paints to work on your choice of subjects. Learn about materials and painting techniques. Explore color mixing and matching. Call 301-989-1799 for material list. \$5 handout fee due to instructor at first class.

4 sessions **\$67.00**

Instructor: Penny Kritt

109429 Kritt Studio 9/27 M 7:00pm-9:00pm

109430 Kritt Studio 9/28 Tu 10:00am-12:00pm

109431 Kritt Studio 11/1 M 10:00am-12:00pm

Crafts**★ NEW ★ Flower Design-Weddings**

Ages 18&up: Beginners: Some experience helpful but not necessary. Discover how to design a bridal bouquet, men's boutonnieres, designs for flower girls, courages, and how to make bows and a simple design for a centerpiece. \$13 material fee for each class (covers flower costs) due to instructor at class.

6 sessions **\$65.00**

Instructor: Sharon Jeremiah

109874 Leland CC 9/29 W 7:00pm-9:00pm

Etched Glass

Ages 13&up: Learn this simple technique for etching on glass. Non-toxic, easy to do and the results are stunning. Make a practice piece to learn the technique, and then move on to our glass vase project. \$15 material fee due to instructor at class.

1 session **\$28.00**

Instructor: Donna Weeks

109432 Bauer Drive CC 9/29 W 7:00pm-9:00pm

Mosaics Made Easy

Ages 13&up: Mosaics are really a hot craft today and so simple to do. Learn the basics of working with mosaics as we make this iris wall hanging. Use tile, glass and grout to create our project. If you can glue it, you can do it. \$10 material fee due to instructor.

1 session **\$28.00**

Instructor: Donna Weeks

109433 Bauer Drive CC 10/13 W 6:30pm-9:30pm



A student finishes her project in "Mosaic Table Top" class.

Mosaic Table Top

Ages 13&up: Learn how to use this ancient art form in its updated version to create this useful table top. All the stained glass has been cut for you, so all you do is glue the pattern down and finish the background with mosaic pieces. If you can glue it, you can do it! Instructor will inform you where to buy the base required for the table. \$20 material fee due to instructor.

1 session **\$28.00**

Instructor: Donna Weeks

109434 Bauer Drive CC 10/27 W 6:30pm-9:30pm

Aromatherapy: Bath & Beyond

Ages 13&up: Come learn to make your own bath and beauty products at a fraction of the cost. Discover how aromatherapy works to elevate our moods, lift our spirits and make us healthier. Prepare bath slats, toner, shampoo, moisturizer, foot scrub and more. Booklet included with recipes and sources. \$22 material fee due to instructor.

1 session **\$28.00**

Instructor: Donna Weeks

109435 Bauer Drive CC 11/3 W 7:00pm-9:00pm

★NEW★ Victorian Wreath

Ages 13&up: You're sure to love the look of this wreath in any room in our home. Begin with a grapevine base and add lots of cedar roses, dried flowers, pods and greenery. Add fragrant essential oil for a finishing touch. \$20 material fee due to instructor at class.

1 session \$28.00
Instructor: Donna Weeks
109436 Bauer Drive CC 11/10 W 7:00pm-9:00pm

★NEW★ Eucalyptus Centerpiece

Ages 13&up: Just in time for the holiday season and so versatile, use it as a centerpiece or wreath. Begin with a Spanish moss base and add lots of eucalyptus, dried flowers and pods to complete. The wonderful aroma will be enhanced with some essential oil to last for many months. \$20 material fee due to instructor.

1 session \$28.00
Instructor: Donna Weeks
109437 Bauer Drive CC 11/17 W 7:00pm-9:00pm

★NEW★ Pressed Flower Candles

Ages 13&up: Learn this updated version of an old art form. Explore working with pressed flowers and leaves to create your own designs on pillar candles. These sell for \$20 and more in specialty stores, and now you can learn the secret! Make two candles in class using pressed flowers, glue and decoupage for long lasting results. (Note: not a candle-making class.) \$12 material fee due to instructor.

1 session \$28.00
Instructor: Donna Weeks
109524 Bauer Drive CC 12/1 W 7:00pm-9:00pm

★NEW★ Pottery-Intro to Handbuilding

Ages 15&up: All levels. Build clay pieces successfully choosing from six different methods; coiling bowls with two types of molds, freestyle coiling, "flower" coils, appliqued slabs (tiles), and "pet" figurines. Work at your own pace. Decorate using oxide washes. Firing is included in the material fee. Clay is white stoneware, durable, dishwasher safe, heat resistant. \$28 material fee due to instructor. Bring apron, two not terry dish towels, and dry cleaner plastic. No class 11/10 and 11/24.

9 sessions \$153.00
Instructor: Valerie Haber
109353 Germantown CC 9/29 W 6:00pm-9:00pm

Handcrafted Pottery

Ages 16&up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$28 material fee (includes 25 pounds of clay and firing) due to instructor.

10 sessions \$133.00
Instructor: Pamela Reid
109356 Wheaton CC 9/29 W 10:00am-12:30pm
109357 East County CC 9/29 W 6:30pm-9:00pm

Pottery at Leland

Ages 12&up: All levels: Introduction to techniques used in handbuilding pieces of functional and decorative pottery, and to the potter's wheel. \$28 material fee due to instructor at first class.

10 sessions \$113.00
Instructor: Yolanda Prinsloo
109355 Leland CC 9/30 Th 7:00pm-9:00pm

[Stained Glass] Keep up [the] good work, will attend more.

Handcrafted Pottery 2

Ages 16&up: Advanced/Intermediate: Previous experience with clay, wheelworking or handbuilding required. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$28 material fee (includes firing fees) due to instructor first day. Bring clay tools and old towel.

10 sessions \$113.00
Instructor: Pamela Reid
109424 Wheaton CC 9/27 M 7:00pm-9:00pm

Pottery-Open Studio

Ages 16&up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any four hours during your open studio time.

10 sessions \$163.00
Instructor: Pamela Reid
109360 Ross Boddy CC 9/28 Tu 6:30pm-9:30pm
109359 Ross Boddy CC 9/28 Tu, Th 10:00am-2:00pm

**Stained Glass-Leaded**

Ages 18&up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 material fee (payable to instructor) covers consumables, personal equipment, and use of tools. Bring bag lunch to Saturday class.

2 sessions \$83.00
Instructor: Fran Asbeck
109230 Ross Boddy CC 10/16 Sa 9:30am-4:00pm

5 sessions \$83.00
Instructor: Fran Asbeck
109229 Coffield CC 10/5 Tu 7:00pm-9:30pm

Stained Glass-Copper Foil

Ages 18&up: Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch to Saturday class.

2 sessions \$83.00
Instructor: Fran Asbeck
109231 Ross Boddy CC 11/13 Sa 9:30am-4:00pm

5 sessions \$83.00
Instructor: Fran Asbeck
109232 Coffield CC 11/16 Tu 7:00pm-9:30pm



"Pottery-Open Studio" gives potters and sculptors a chance to work on independent projects in a professionally equipped studio.

Cooking

Family Chefs

Ages 4-15: "One Bite Won't Hurt You!" Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a "family affair." Parent participation required. \$32 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation. No class 11/2.

7 sessions **\$63.00**

Instructor: Abigail Dion

109665 Longwood CC 10/5 Tu 4:15pm-5:15pm

110509 Bauer Drive CC 10/6 W 4:15pm-5:15pm



Basic Cooking Skills

Ages 15&up: A full participation class where you learn to cook by doing. Learn basic knife skills, how to read and follow a recipe and how to buy good kitchen equipment including pots, pans and knives. Cooking basics will be covered including how to saute, sweat, roast and blanch. You will prepare and eat a full menu dinner. Take home recipes. \$12 food fee due to instructor at beginning of class.

1 session **\$48.00**

Instructor: James Davis

110346 Ross Boddy CC 9/18 Sa 10:30am-1:30pm

The Dinner Party

Ages 15&up: A participation class where you learn by hands on experience how to plan and prepare a fine dinner party at home. We'll decide what can be fixed ahead of time, and how to put it all together so you can enjoy your own party. We will prepare a vegetable crudite with dip, an entree of Beef Short Ribs with traditional sides and a special dessert. We eat what we fix, so come prepared for dinner! Take home recipes. \$12 food fee due to instructor.

1 session **\$48.00**

Instructor: James Davis

110348 Ross Boddy CC 9/21 Tu 7:00pm-9:30pm

Intermediate Cooking Skills

Ages 15&up: A participation class with an emphasis on improving your cooking skills! We eat what we fix! Take home recipes. \$12 food fee due to instructor at beginning of class. Fall menu-pork tenderloin, pan sauce, polenta, seasonal vegetable and special dessert.

1 session **\$48.00**

Instructor: James Davis

110345 Ross Boddy CC 10/2 Sa 10:30am-1:30pm

Just Seafood III

Ages 15&up: We will prepare the freshest fish available at least 3 different ways. Variety will depend upon availability, may include shell fish. Prepare some special side dishes to accompany our entree. Take home recipes. \$12 food fee due to instructor.

1 session **\$48.00**

Instructor: James Davis

110347 Ross Boddy CC 10/5 Tu 7:00pm-9:30pm



Grilling and Smoking II

Ages 15&up: One of our most popular classes is now expanded to include smoking as well as grilling. We'll grill and smoke all of the favorites, including ribs. Special grilled fruit for dessert. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor.

1 session **\$48.00**

Instructor: James Davis

110349 Ross Boddy CC 10/9 Sa 10:30am-1:30pm

Southern Style Cooking

Ages 15&up: Real southern food...including butter-milk fried chicken, shrimp and grits, twice baked potatoes and coleslaw. Come with an appetite because eat what we fix. Take home recipes. \$12 food fee due to instructor at first class.

1 session **\$48.00**

Instructor: James Davis

110353 Ross Boddy CC 10/19 Tu 7:00pm-9:30pm

Be Your Own Personal Chef!

Ages 15&up: Learn the secrets of "fix ahead food." Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$12 food fee due to instructor at beginning of class. A full participation class, bring your appetite, as each class eats what they fix!

1 session **\$63.00**

Instructor: James Davis

110350 Ross Boddy CC 10/23 Sa 10:00am-2:00pm

Cajun Fried Turkey

Ages 15&up: Just like Justin Wilson would have done for Thanksgiving! We'll prepare a Cajun seasoned Deep Fried Turkey, corn pudding and bread pudding with whiskey sauce for dessert. Take home recipes. \$12 food fee due to instructor.

1 session **\$48.00**

Instructor: James Davis

110374 Ross Boddy CC 11/6 Sa 10:30am-1:30pm

The Holiday Dinner

Ages 15&up: Learn by hands-on experience how to plan and prepare a fine holiday dinner at home. We'll decide what can be fixed ahead of time and how to put it all together so you can enjoy this very special meal with your guests. Prepare a first course of salmon with crème fraiche, a rolled stuffed turkey breast, a wild mushroom risotto and special dessert. We eat what we fix so come prepared for dinner. Take home recipes. \$12 due to instructor.

1 session **\$48.00**

Instructor: James Davis

110356 Ross Boddy CC 11/9 Tu 7:00pm-9:30pm

*Learn the secrets of "fix ahead food."
Cook with the experts. . .*

Appetizers and Hors d'hourves

Ages 15&up: A hands on class that will include hors d'oeuvres, canapes, and appetizers. We lay out the tablecloths, platter, prepare and garnish attractive presentations with our finished products. A variety will be prepared so bring an appetite because we eat what we fix. \$12 food fee due to instructor. Take home recipes.

1 session \$48.00

Instructor: James Davis
110377 Ross Boddy CC 11/16 Tu 7:00pm-9:30pm

Knife Skills

Ages 18&up: A full participation class. You may use our knives, bring your own or purchase a selection we will have available. Learn how to purchase a knife, how to care for them, how to hone and sharpen them, and more importantly, how to use them safely and properly. We will prepare lunch, so bring an appetite. \$12 food fee due to instructor.

1 session \$48.00

Instructor: James Davis
110375 Ross Boddy CC 11/20 Sa 10:30am-1:30pm

Real Comfort Foods

Ages 15&up: We'll do a real comfort food dinner: an apple meatloaf with five spice glaze, "goodness sake" macaroni and cheese, coleslaw and a special dessert. Take home recipes. \$12 food fee due to instructor.

1 session \$48.00

Instructor: James Davis
110404 Ross Boddy CC 11/30 Tu 7:00pm-9:30pm

Holiday Gifts from the Kitchen

Ages 15&up: Back by popular demand. We'll show you how to prepare attractive food oriented gifts for Holiday Gift giving. Includes cookies, maybe a salsa or two, and a couple of other ideas to help fill out your holiday gift list. Plenty to eat, so bring an appetite and come ready to have a good time! Take home recipes. \$12 food fee due to instructor at class.

1 session \$48.00

Instructor: James Davis
110376 Ross Boddy CC 12/4 Sa 10:30am-1:30pm

Dance for Youth**Preschool Dance by Jazzmatazz**

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be potty trained. Dress requirements (leotard, tights and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com

10 sessions \$63.00

Instructor: Betsy Saunders
109330 Long Branch CC 10/2 Sa 10:15am-11:00am
109331 Fairland CC 10/2 Sa 10:15am-11:00am
109329 Long Branch CC 10/2 Sa 9:15am-10:00am

Kinderdance

Ages 3-5: Introduction to dance and group activity for preschool and kindergarten children emphasizing rhythm, coordination and dance.

10 sessions \$63.00

Instructor: Denise Schattenberg
109332 Upper County CC 9/20 M 1:00pm-1:45pm
109334 Longwood CC 9/23 Th 1:00pm-1:45pm
Instructor: Grace Oleson
109333 Potomac CC 9/21 Tu 3:30pm-4:15pm
109337 Fairland CC 9/23 Th 3:30pm-4:15pm
Instructor: Sandra Aresta
109335 Leland CC 9/29 W 3:30pm-4:15pm
109336 Leland CC 10/2 Sa 10:00am-10:45am

Ballet

Ages 5-7: Introduction to the basic movements of ballet and its terminology.

10 sessions \$63.00

Instructor: Grace Oleson
109324 Potomac CC 9/21 Tu 4:30pm-5:15pm
109326 Fairland CC 9/23 Th 4:30pm-5:15pm
Instructor: Sandra Aresta
109325 Leland CC 10/2 Sa 11:00am-11:45am

**PreBallet by Jazzmatazz**

Ages 5-6: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. The dress requirement (leotard, tights, and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com

10 sessions \$63.00

Instructor: Betsy Saunders
109327 Fairland CC 10/2 Sa 11:15am-12:00pm
109328 Long Branch CC 10/2 Sa 11:15am-12:00pm

Tap, Ballet & Jazz

Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions: Call Rowena DeLuca at 301-593-0618 for Ms. DeLuca's classes.

Instructor: Rowena DeLuca

10 sessions \$63.00

Ages 4-6

109342 Longwood CC 9/23 Th 4:00pm-4:45pm
109338 N Four Corners LP 10/2 Sa 9:00am-9:45am
109339 N Four Corners LP 10/2 Sa 10:00am-11:45am
Instructor: Sandra Aresta
109343 Leland CC 9/29 W 4:30pm-5:15pm

Ages 7-13

109344 Longwood CC 9/23 Th 5:00pm-5:45pm
109340 N Four Corners LP 10/2 Sa 11:00am-11:45am

Ages 6-14: Intermediate: A continuing class for those who have taken the beginning level. Contact instructor at 301-593-0618 about clarification of placement before registering.

10 sessions \$63.00

Instructor: Rowena DeLuca
109354 Longwood CC 9/23 Th 6:00pm-6:45pm
109348 N Four Corners LP 10/2 Sa 12:00pm-12:45pm

Tap, Ballet & Jazz w/Parents

The parent and child receive instruction together. Fee is per person. A parent must register.

10 sessions \$63.00

Instructor: Rowena DeLuca
109352 N Four Corners LP 10/2 Sa 1:00pm-1:45pm

Tip for a Healthier Life:

Spend at least 30 minutes each day doing something you like to do.

Dance for Adults

Performing Dance

Tap Dance for Adults

Advanced:

10 sessions \$63.00/single

Instructor: Rowena DeLuca
109351 Cap Vw-Homewood LP 9/22 W 8:00pm-8:45pm

Beginner: An introduction to the basics of tap and its terminology.

10 sessions \$63.00/single

Instructor: Rowena DeLuca
109349 Cap Vw-Homewood LP 9/22 W 6:00pm-7:00pm
109350 Fairland CC 9/24 F 10:00am-10:45am

Intermediate: A continuation for anyone who has had the beginner class.

10 sessions \$63.00/single

Instructor: Rowena DeLuca
109346 Cap Vw-Homewood LP 9/22 W 7:00pm-8:00pm
109347 Fairland CC 9/24 F 11:00am-11:45am

Ballroom Dance



Ballroom for Couples

Beginner: Covers standard ballroom dance favorites.

10 sessions \$123.00/couple

Instructor: Joe Kim
109736 Sherwood ES 9/24 F 7:30pm-8:30pm

Instructor: Paul Mola
109734 Leland CC 9/23 Th 7:30pm-8:30pm

Instructor: Tony Seleme
109729 Bauer Drive CC 9/20 M 7:00pm-8:00pm

Instructor: Rebecca Phyllis Seleme
109735 Hollywood Ballroom 9/23 Th 7:00pm-8:00pm

Instructor: Thomas Woll
109730 Bethesda ES 9/20 M 7:00pm-8:00pm

Instructor: Thomas Woll
109731 Glenmont LP 9/23 Th 7:00pm-8:00pm

Intermediate: Prerequisite: Beginner ballroom course.

10 sessions \$123.00/couple

Instructor: Joe Kim
109743 Sherwood ES 9/24 F 8:30pm-9:30pm

Instructor: Paul Mola
109739 Sequoyah ES 9/21 Tu 7:30pm-8:30pm

Instructor: Tony Seleme
109737 Bauer Drive CC 9/20 M 8:00pm-9:00pm
109742 Hollywood Ballroom 9/23 Th 8:00pm-9:00pm
Instructor: Rebecca Phyllis Seleme
109738 Bethesda ES 9/20 M 8:00pm-9:00pm
Instructor: Thomas Woll
109741 Glenmont LP 9/23 Th 8:00pm-9:00pm

Advanced:

10 sessions \$123.00/couple

Instructor: Paul Mola
109744 Leland CC 9/23 Th 8:30pm-9:30pm

Instructor: Thomas Woll
109746 Glenmont LP 9/23 Th 9:00pm-10:00pm

Ballroom Practice & Party

Beginner/Low Intermediate: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due to instructor. (3 hour class)

10 sessions \$176.00/couple

Instructor: Tony Seleme
109758 Holiday Park SrC 9/24 F 7:00pm-10:00pm

Wedding Dances

Beginner: Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

10 sessions \$123.00/couple

Instructor: Rebecca Phyllis Seleme
109751 Bethesda ES 9/21 Tu 8:00pm-9:00pm

Ballroom for Singles & Couples

Beginner: Students change partners frequently.

10 sessions \$63.00/single

Instructor: Thomas Woll
109747 N Four Corners LP 9/20 M 7:30pm-8:30pm

Ballroom Practice B

Intermediate/Advanced:

10 sessions \$123.00/couple

Instructor: Thomas Woll
109754 Coffield CC 9/21 Tu 8:00pm-9:00pm

Swing Jitterbug Couples

Beginner: Single and triple Swing.

10 sessions \$123.00/couple

Instructor: Tony Seleme
109824 Hollywood Ballroom 9/23 Th 9:00pm-10:00pm

Latin Dance

Latin Salsa for Couples

Beginner: This is a hot dance that is on the rise worldwide.

10 sessions \$123.00/couple

Instructor: Paul Mola
109750 Sequoyah ES 9/21 Tu 8:30pm-9:30pm

Instructor: Rebecca Phyllis Seleme
109749 Bethesda ES 9/21 Tu 7:00pm-8:00pm

Latin Tango

Beginner/Intermediate: American Tango.

10 sessions \$123.00/couple

Instructor: Rebecca Phyllis Seleme
109755 Bethesda ES 9/27 M 9:00pm-10:00pm

Latin Salsa & Merengue Singles

Beginner: These dances are on the rise worldwide. Includes partner dance, free style dance.

10 sessions \$63.00/single

Instructor: Joe Kim
109756 Barnsley ES 9/22 W 7:30pm-8:30pm



Spice up your Fall with a little Latin Dance!

Latin Salsa and Merengue**Intermediate/Advanced:** Students change partners frequently.**10 sessions** **\$63.00/single**Instructor: Joe Kim
109757 Barnsley ES 9/22 W 8:30pm-9:30pm**Latin Salsa Singles****Beginner:** Students change partners frequently.**10 sessions** **\$63.00/single**Instructor: Thomas Woll
109748 N Four Corners LP 9/20 M 8:30pm-9:30pm**Folk Dance****Folk Contra****Beginner/Intermediate:** Contra dance is country dancing performed in long lines facing a partner. Questions: Call Betsy Taylor at 301-589-4868.**10 sessions** **\$48.00/single**Instructor: Betsy Taylor
109656 Argyle LP 9/22 W 7:30pm-9:00pm**Anna's Dance Party****Beginner/Intermediate:** Learn how they party around the world. Lines, squares, circles and bunches. Come and have fun. Questions: Call Anna Pappas at 301-814-0435.**10 sessions** **\$63.00/single**Instructor: Anna Pappas
109728 Beverly Farms ES 9/24 F 7:30pm-8:30pm**International****Beginner/Advanced:** The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net**13 sessions** **\$68.00/single**Instructor: Phyllis Diamond
109724 Leland CC 9/13 M 7:30pm-10:00pm*Explore the world through dance in our International Folk Dance class.***Bhangra****Beginner/Intermediate:** Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-365-5231.**10 sessions** **\$63.00/single**Instructor: Kumud Mathur
109633 Potomac CC 9/21 Tu 8:00pm-9:00pm**Middle Eastern****Beginner/Intermediate:** Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.**10 sessions** **\$63.00/single**Instructor: Anna Pappas
109726 Potomac CC 9/20 M 7:30pm-8:30pm
109727 Germantown ES 9/22 W 7:30pm-8:30pm**Seniors****Latin****Beginner:** Popular dances such as the Pasodoble, Cha-Cha, Rumba, Merengue, Beginner: Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Call Gracie Bryan at 301-949-5847.**10 sessions** **\$33.00/single**Instructor: Graciela Bryan
109634 Holiday Park SrC 9/23 Th 2:30pm-3:30pm**Performing Group****Intermediate/Advanced Show:** Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.**10 sessions** **\$33.00/single**Instructor: Frank Robson
109635 Holiday Park SrC 9/23 Th 2:30pm-3:30pm**Folk Square****Beginner:** A favorite throughout the country for fun, exercise, and making friends. Newcomers welcome. Questions: Call Betsy Taylor at 301-589-4868.**10 sessions** **\$48.00/single**Instructor: Betsy Taylor
109664 Long Branch CC 9/21 Tu 8:00pm-9:30pm**Folk Square Plus 1**

For those who have completed Mainstream 1 and 2. Questions: Call Betsy Taylor at 301-589-4868.

10 sessions **\$33.00/single**Instructor: Betsy Taylor
109649 Schweinhaut SrC 9/23 Th 11:10am-12:10pm**Folk Square****Beginner:** Questions: Call Betsy Taylor at 301-589-4868.**10 sessions** **\$33.00/single**Instructor: Betsy Taylor
109645 Schweinhaut SrC 9/23 Th 10:10am-11:10am**Performing Group****Advanced Variety:** Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.**10 sessions** **\$33.00/single**Instructor: Anne Berk
109639 Holiday Park SrC 9/21 Tu 10:00am-11:00am**Tip for a Healthier Life:**

Physical inactivity doubles the risk of developing heart disease and increases the risk of hypertension by 30 per cent.

Fitness for Youth

Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.

Elite Junior Fitness Training Program

Ages 8-13: A professionally run youth training program designed to help the pre-adolescent become more physically fit, promote an active and healthy lifestyle, as well as prepare them for future athletic events. The workouts are fun, challenging, and a very positive experience. Activities include calisthenics, agility drills, stretching and general conditioning exercises. Most importantly, it teaches kids that FITNESS is FUN!

12 sessions **\$123.00**

Instructor: Alan Stein Elite Athlete Training Systems, Inc.

110710 Potomac CC 9/14 Tu, Th 5:00pm-6:00pm

Junior Jazzercise

Ages 5-11: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Call Jennifer Sambataro at 301-916-3533.

8 sessions **\$55.00**

Instructor: Jennifer Sambataro

110344 Poolesville ES 9/24 F 3:20pm-4:05pm

Little Feet Aerobics

A popular aerobic dance program since 1981. A fun, noncompetitive activity where children learn choreographed dances to popular music. Children gain confidence while developing a commitment to fitness and health. Participants should wear athletic shoes, shorts, and T-shirts. Questions: E-mail Nancy Merrill at nsmerrill@comcast.net

10 sessions **\$68.00**

Instructor: Little Feet, LTD

Grades K-2:

111299 Rosemary Hills ES 9/24 F 3:40pm-4:25pm

Grades 1-5:

110721 N Chevy Chase ES 9/20 M 3:40pm-4:25pm

110716 Potomac ES 9/21 Tu 3:45pm-4:30pm

110718 Wayside ES 9/23 Th 3:45pm-4:30pm

110720 Bannockburn ES 9/23 Th 3:45pm-4:30pm

111300 Woodacres ES 9/24 F 3:15pm-4:00pm

For youth cheerleading, baton, see *Instructional Sports* on page 34.

Fitness, Exercise & Wellness for Adults

Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.



A.C.T. The Workout

Ages 16&up: A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Register any time during session. One of 4 punch cards (depending on the number of sessions the client desires) is purchased and provided to the client at the 1st class. It can be used at any ACT location listed below during the following 2 months.

Class Locations, Days & Times:

Wheaton CC	M, W	6:00-7:00pm
Wheaton CC	T, Th	6:00-7:00pm
Bauer Dr. CC	M, W	5:00-6:00pm
Bauer Drive CC	M, W	6:00-7:00pm
East County CC	T, Th	7:00-8:00pm
Potomac CC	T, Th	7:00-8:00pm
Wheaton CC	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30am-10:30am

12 sessions **\$55.80**

Instructor: Company Staff: Castellucci Inc.

110193 TBA 9/4 Sa, Su, M, Tu, W, Th see times above

110326 TBA 10/2 Sa, Su, M, Tu, W, Th see times above

110329 TBA 11/1 M, Tu, W, Th, Sa, Su see times above

18 sessions **\$76.80**

Instructor: Company Staff: Castellucci Inc.

110192 TBA 9/4 Sa, Su, M, Tu, W, Th see times above

110325 TBA 10/2 Sa, Su, M, Tu, W, Th see times above

110328 TBA 11/1 M, Tu, W, Th, Sa, Su see times above

24 sessions **\$97.80**

Instructor: Company Staff: Castellucci Inc.

110191 TBA 9/4 Sa, Su, M, Tu, W, Th see times above

110324 TBA 10/2 Sa, Su, M, Tu, W, Th see times above

110327 TBA 11/1 M, Tu, W, Th, Sa, Su see times above

36 sessions **\$139.60**

Instructor: Company Staff: Castellucci Inc.

110190 TBA 9/4 Su, M, Tu, W, Th, Sa see times above

110323 TBA 10/2 Sa, Su, M, Tu, W, Th see times above

A.C.T. The Workout fits into your busy schedule - register anytime and attend at any location.

Aerobic Kickboxing by TKA

Ages 16&up: A super-charged coed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it! No equipment required. A noncontact fitness oriented class with Black Belt instructors.

10 sessions \$53.00

Instructor:	Company Staff: TKA, Inc.
110795 Germantown CC	9/27 M 6:00pm-7:00pm
110797 Bauer Drive CC	9/28 Tu 6:00pm-7:00pm
110796 Germantown CC	9/29 W 6:00pm-7:00pm
110798 Potomac CC	9/29 W 6:00pm-7:00pm

Ballet Exercise

Ages 16&up: Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing. Bring light hand weights, a mat, soft ballet shoes/bare feet and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience.

10 sessions \$53.00

Instructor: Esther Kish	
110539 Luxmanor ES	9/14 Tu 7:15pm-8:15pm



Start your Fall off on the right foot with a BioAerobics class!

Bio Aerobics Cardio Fit High/Low

Ages 16&up (13-16 if accompanied by a parent): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

16 sessions \$63.00

Instructor: Company Bio Aerobics Inc.	
110545 Germantown CC	9/13 M, Th 7:00pm-8:00pm

14 sessions \$55.50

Instructor: Company Bio Aerobics Inc.	
110805 Germantown CC	11/15 M, Th 7:00pm-8:00pm

Bio Aerobics Cardio Fit Low

Ages 16&up (13-16 if accompanied by a parent): The same great workout as regular Bio Aerobics but with low impact moves for safe yet effective exercise.

16 sessions \$63.00

Instructor: Company Bio Aerobics Inc.	
110543 Long Branch CC	9/14 Tu, Th 6:45pm-7:45pm

14 sessions \$55.50

Instructor: Company Bio Aerobics Inc.	
110806 Long Branch CC	11/16 Tu, Th 6:45pm-7:45pm

Bio Cardio Fit Half Hour Workout

Ages 16&up (13-16 if accompanied by a parent): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

16 sessions \$33.00

Instructor: Company Bio Aerobics Inc.	
110542 Briggs Chaney MS	9/14 Tu, Th 7:30pm-8:00pm

14 sessions \$29.25

110808 Briggs Chaney MS	11/16 Tu, Th 7:30pm-8:00pm
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Bio Aerobics Tone & Firm

Ages 16&up (13-16 if accompanied by a parent): Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

16 sessions \$63.00

Instructor: Company Bio Aerobics Inc.	
110541 Briggs Chaney MS	9/14 Tu, Th 8:00pm-9:00pm

14 sessions \$55.50

110807 Briggs Chaney MS	11/16 Tu, Th 8:00pm-9:00pm
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**The Ultimate Boxing Workout**

Beginners Ages 16&up: Introduction to a boxers workout. Designed to teach students eye, hand and foot coordination while incorporating a boxers exercise workout. No physical contact. Develop discipline, gain confidence while incorporating team sportsmanship.

8 sessions \$63.00

Instructor: Larry Johnson	
110559 Fairland CC	9/18 Sa 10:00am-11:15am
111399 Upper County CC	9/24 F 6:00pm-7:15pm

Advanced Ages 16&up: Prerequisite: the beginner level with Johnson.

8 sessions \$63.00

Instructor: Larry Johnson	
110565 Fairland CC	9/18 Sa 11:15am-12:30pm

Dynamic Ab Workout

Age 16&up: Improve cardiovascular fitness, strengthen abdominal region, burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball in class demo.

8 sessions \$39.00

Instructor: Larry Johnson	
110566 Fairland CC	9/18 Sa 12:30pm-1:15pm

Dancin' Fitness

Ages 16&up: A full body aerobic workout for anyone who loves to dance. Routines choreographed to a variety of upbeat music: popular oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning with optional weights and cool-down. Instructors are trained and CPR certified.

24 sessions \$93.00

Instructor: Elaine Waldstreicher

110579 Glenallan ES 9/13 M, W 7:30pm-8:30pm

Instructor: Virginia Azuree

110582 Bauer Drive CC 9/14 Tu, Th 4:15pm-5:15pm

Instructor: Cathie Polak

110580 Leland CC 9/14 Tu, Th 9:15am-10:15am

Instructor: Trish Watkins

110578 Tilden MS 9/13 M, W 7:00pm-8:00pm

Instructor: Kathryn Wiemers

110586 Rock View ES 9/14 Tu, Th 7:30pm-8:30pm

Instructor: Alice Donnelly

110583 Potomac CC 9/14 Tu, Th 6:00pm-7:00pm

Instructor: Lois Schneider Antos

110581 Veirs Mill LP 9/14 Tu, Th 9:30am-10:30am

Instructor: Karen Hutchinson

110577 Bannockburn ES 9/13 M, W 6:00pm-7:00pm

Instructor: Consie Mote

110584 Kemp Mill ES 9/14 Tu, Th 6:00pm-7:00pm

Add a class: you must be registered in a twice-a-week class to sign up.

12 sessions \$48.00

Instructor: Kathryn Wiemers

110588 Veirs Mill LP 9/18 Sa 9:00am-10:00am

Dare To Dance

Ages 12&up: Choreographed fitness program designed for those who like to DANCE. An effective cardiovascular workout through safe, easy and fun routines. Alternative low-impact steps and moves incorporated to allow students to choose their level. Stretching/toning segments begin and end each class. IDEA member Instructor is CPR certified. Bring a mat.

28 sessions \$124.00

Instructor: Lisa Tanco

110540 Quince Orch Vly NP 9/13 M, F 6:45pm-7:45pm

Definitions Strength Training

Ages 16&up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

20 sessions \$92.00

Instructor: Juliet Rodman

110549 Clara Barton CC 9/14 Tu, Th 9:15am-10:15am

110550 Clara Barton CC 9/14 Tu, Th 7:00pm-8:00pm

Definitions Low Impact Aerobics

Ages 16&up: Get your heart rate up and the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative one-hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time.

20 sessions \$92.00

Instructor: Juliet Rodman

110552 Clara Barton CC 9/13 M, F 9:15am-10:15am

Tip for a Healthier Life:

Regular exercise relieves anxiety and mental tension.

Dynaerobics Body Challenge

Ages 16&up: A full 75 minutes of Coed fitness aerobics plus body sculpting. Hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

26 sessions \$144.00

Instructor: Company Staff: Dynaerobics

110768 Bauer Drive CC 9/7 Tu, Th 7:00pm-8:15pm

**Dynaerobics**

Ages 16&up: A total coed fitness program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

13 sessions \$58.00

Instructor: Company Staff: Dynaerobics

110765 Bauer Drive CC 9/11 Sa 10:00am-11:00am

26 sessions \$115.00

Instructor: Company Staff: Dynaerobics

110764 Bauer Drive CC 9/7 Tu, Th 6:00pm-7:00pm

110762 Luxmanor ES 9/13 M, W 6:00pm-7:00pm

110763 Cloverly ES 9/13 M, W 6:30pm-7:30pm

Dynaerobics Body Sculpting

Ages 16&up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

13 sessions \$58.00

Instructor: Company Staff: Dynaerobics

110767 Bauer Drive CC 9/11 Sa 11:00am-12:00pm

26 sessions \$115.00

Instructor: Company Staff: Dynaerobics

110766 Tilden MS 9/13 M, W 6:00pm-7:00pm

Fitness Workouts: Weight Training

Ages 13&up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Instructor is NSPA Certified Trainer.

4 sessions \$61.00

Instructor: Douglas Schwanke

110783 Potomac CC 9/15 W 6:30pm-7:30pm

110786 Potomac CC 9/18 Sa 10:00am-11:00am

Join our Dynaerobics class for a total fitness workout.

Fitness Workouts:**One on One Training**

Ages 13&up: Under the direct supervision of Douglas C. Schwanke, BS NSPA Certified Conditioning Specialist and Personal Trainer, individuals of all ages can learn benefits of exercise through one on one training in various strength training exercises (free weights, calisthenics, and isometric training) and cardiovascular conditioning. All sessions held at the Bauer Drive, Potomac, Leland or Coffield CC. Days and times arranged by appointment. **After you register, you will be mailed a confirmation with the name and phone number of the instructor for you to contact to schedule your training time and location.***

2 Thirty minute sessions or**1 One hour session****\$55.00**

Instructor: Douglas Schwanke

110773	TBA	9/11	TBA*
110778	TBA	10/2	TBA*
110779	TBA	10/16	TBA*
110780	TBA	11/6	TBA*
110781	TBA	12/4	TBA*

Jacki Sorensen's Aerobic Dancing

Ages 16&up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening with Vertifirm (TM). Bring mat and hand and/or ankle weights (optional).

14 sessions**\$73.00**

Instructor: Karin Baker

110536	Potomac CC	9/7	Tu	9:00am-10:00am
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13 sessions**\$68.00**

Instructor: Karin Baker

110537	Potomac CC	9/9	Th	9:00am-10:00am
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27 sessions**\$138.00**

Instructor: Edeltraud Cottle

110535	Coffield CC	9/7	Tu, Th	7:00pm-8:00pm
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Jacki Sorensen's Strong Step

Ages 16&up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use; call instructor to verify availability 301-428-9425.

14 sessions**\$73.00**

Instructor: Karin Baker

110538	Potomac CC	9/10	F	9:00am-10:00am
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Get a kick out of our
Jazzmatazz class!

**Jazzmatazz Aerobics**

Ages 16&up: A lively, choreographed, low impact/high intensity aerobic workout that emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

14 sessions**\$73.00**

Instructor: Betsy Saunders

110787	Fairland CC	9/7	Tu	5:30pm-6:30pm
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110789	Wheaton CC	9/7	Tu	7:15pm-8:15pm
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13 sessions**\$68.00**

Instructor: Betsy Saunders

110788	Fairland CC	9/9	Th	5:30pm-6:30pm
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110790	Wheaton CC	9/9	Th	7:15pm-8:15pm
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Jazzmatazz Pilates

Age 16&up: A Pilates exercise program rooted in modern/jazz dance. A series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, strengthen the body while lengthening muscles, and increase overall flexibility. These exercises have long been used by dancers to achieve their strong, lean, and supple bodies. For maximum benefits, students are strongly urged to register for both days.

14 sessions**\$73.00**

Instructor: Betsy Saunders

110793	Sligo MS	9/13	M	7:00pm-8:00pm
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110794	Sligo MS	9/15	W	7:00pm-8:00pm
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Jazzmatazz Aerobics Light

Active Seniors & Beginners Ages 18&up: A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

14 sessions**\$73.00**

Instructor: Betsy Saunders

110791	Wheaton CC	9/7	Tu	9:00am-10:00am
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13 sessions**\$68.00**

Instructor: Betsy Saunders

110792	Wheaton CC	9/9	Th	9:00am-10:00am
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Jazzercise

Ages 18&up: The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no impact, low impact and impact movements.

8 weeks unlimited attendance**\$28.00**

Instructor: Diane Elmore

110714	Upper County CC	8/30	M,W	6:30pm-7:30pm
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110715	Upper County CC	9/7	Tu,Th,F	9:30am-10:30am
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Kelley's Complete Fitness Workout

Ages 13&up: Safe, effective exercises to strengthen and tone major muscle groups. Stretching warmed up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights optional. Instructor is a phys-ed teacher with BS and 20 years experience.

12 sessions**\$60.00**

Instructor: Pamela Kelley

110727	Wheaton CC	9/9	Th	9:00am-10:15am
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110723	Wheaton CC	9/13	M	9:00am-10:15am
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110724	Longwood CC	9/13	M	7:00pm-8:15pm
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110725	Bauer Drive CC	9/15	W	9:00am-10:15am
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110726	Longwood CC	9/15	W	7:15pm-8:30pm
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Movin' with Millie Trad. Slimnastics

Ages 16&up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominal and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

13 sessions \$53.00

Instructor: Mildred Norwood Trimble
110590 Pilgrim Hills LP 9/17 F 9:30am-10:30am

14 sessions \$57.00

Instructor: Mildred Norwood Trimble
110589 Pilgrim Hills LP 9/15 W 9:30am-10:30am

One on One Training

Ages 13&up: Train with a certified Conditioning Specialist and Personal Trainer, individuals of all ages can learn benefits of exercise through one on one training in various strength training exercises (free weights, calisthenics, and isometric training) and cardiovascular conditioning. All sessions held at the Germantown and Upper County CC. Days and times arranged by appointment. **After you register, you will be mailed a confirmation with the name and phone number of the instructor for you to contact to schedule your training time and location.***

2 Thirty minute sessions or 1 One hour session \$55.00

Instructor: Fred Mosby
110800 TBA 9/11 TBA*
110801 TBA 10/2 TBA*
110802 TBA 10/16 TBA*
110803 TBA 11/6 TBA*
110804 TBA 12/4 TBA*

Small Group Fitness Classes

Ages 16&up: Experience balance, core stabilization, integrated flexibility, plyometrics, weight loss and strength training through this integrated training model. Instructor is a certified personal trainer. Call 240-777-6878 for days and times.

6 sessions \$160.00

Instructor: Fred Mosby
110863 Germantown CC TBA
110862 Germantown CC TBA

Susan Taylor Workouts

Ages 16&up: Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

Potomac CC offers you a choice: work out from 8:45 to 9:45am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

24 sessions \$117.00

Instructor: Susan J. Taylor
110712 Leland CC 9/7 Tu, Th 6:00pm-7:00pm
110713 Potomac CC 9/8 W, M 8:45am-10:00am

Massage Institute I Back Massage

Ages 18&up: How To Do Back Massage: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

1 session \$25.00

Instructor: Douglas Schwanke
110784 Potomac CC 9/20 M 6:30pm-8:00pm

Massage Institute II Foot Massage

Ages 18&up: Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

1 session \$25.00

Instructor: Douglas Schwanke
110785 Potomac CC 10/18 M 6:30pm-8:00pm

Qi Gong: A Different Exercise

Age 18&up Beginners: Practiced for thousands of years in China for health and longevity it is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Booklets given out and tapes available for purchase from instructor.

8 sessions \$83.00

Instructor: Robert Kramer
110556 Germantown CC 9/28 Tu 7:00pm-8:30pm

Qi Gong-Continuing

Age 18&up: Practiced for thousands of years in China for health and longevity it's the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Booklets given out and tapes available for purchase from instructor.

8 sessions \$57.00

Instructor: Robert Kramer
110560 Germantown CC 9/28 Tu 7:00pm-8:00pm



Tai Chi seeks to renew both body and spirit.

Tai Chi-Beginning

Age 16&up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and overall vitality. Wear loose clothing. Bring a mat/blanket for floor work. People interested in observing a class prior to registering are welcome.

10 sessions \$63.00

Instructor: TBA
110591 Bauer Drive CC 9/13 M 7:00pm-8:00pm
110592 Potomac CC 9/14 Tu 7:00pm-8:00pm
110593 Kemp Mill Estates LP 9/15 W 7:00pm-8:00pm

Tip for a Healthier Life:

Stay active to prevent bone loss.

Tai Chi-Continuing**Age 16&up:** Continuing Students Level II.**10 sessions****\$63.00**

Instructor: TBA

110594 Bauer Drive CC 9/13 M 8:00pm-9:00pm

110595 Potomac CC 9/14 Tu 8:00pm-9:00pm

110596 Kemp Mill Estates LP 9/15 W 8:00pm-9:00pm

Tai Chi-Moving Meditation**Age 16&up:** A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.**10 sessions****\$63.00**

Instructor: Harumi Williams

110558 Leland CC 9/13 M 6:00pm-7:00pm

Continuing: Continuing students who have taken Tai Chi Moving Meditation with Williams. A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.**10 sessions****\$63.00**

Instructor: Harumi Williams

110568 Leland CC 9/15 W 6:00pm-7:00pm



Stressed out? Learn to relax both body and mind in one of our Yoga classes.

Hatha Yoga**Age 16&up:** Beginning and Continuing Students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new postures (Asanas) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.**12 sessions****\$129.00**

Instructor: Richard Tyson

110772 Norbeck-Mncstr Mill NP 9/9 Th 7:00pm-8:30pm

110770 Bauer Drive CC 9/11 Sa 12:30pm-2:00pm

110769 Norbeck-Mncstr Mill NP 9/13 M 7:00pm-8:30pm

110771 Upper County CC 9/14 Tu 7:00pm-8:30pm

Hatha Yoga and Stress Management**Age 18&up Beginner:** Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.**13 sessions****\$107.00**

Instructor: Suzana Cooper

110551 Leland CC 9/10 F 10:30am-11:30am

Age 18&up Intermediate/Advanced: Prerequisite- beginner class with Cooper.**13 sessions****\$133.00**

Instructor: Suzana Cooper

110553 Leland CC 9/10 F 9:15am-10:30am

Vini Yoga**Ages 16&up Mixed levels:** Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation.**11 sessions****\$99.00**

Instructor: Moira Martin

110571 Leland CC 9/14 Tu 7:00pm-8:15pm

110572 Leland CC 9/23 Th 9:30am-10:45am

12 sessions**\$108.00**

Instructor: Patricia Miller

110569 Potomac CC 9/23 Th 9:15am-10:30am

110570 Potomac CC 9/23 Th 6:30pm-7:45pm

Vini Yoga Intermediate**Ages 16&up:** Previous yoga experience required. More emphasis on sequences, breathing, and meditation.**12 sessions****\$108.00**

Instructor: Patricia Miller

110575 Potomac CC 9/27 M 6:30pm-7:45pm

Vini Easy Going Yoga**For seniors and all others:** Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation.**11 sessions****\$99.00**

Instructor: Moira Martin

110574 Leland CC 9/23 Th 10:45am-12:00pm

12 sessions**\$108.00**

Instructor: Patricia Miller

110573 Potomac CC 9/23 Th 10:45am-12:00pm

Yoga with Strength Training

Improve overall health and well being through a gentle resistance workout using Xertube. Improve balance, muscle and bone mass and stamina. Exercises and yoga postures designed to improve range of motion, flexibility and relaxation with breath awareness to increase oxygen supply, improve circulation and reduce tension. Bring mat.

10 sessions**\$73.00**

Instructor: Linda Hobbins

110567 Potomac CC 9/13 M 10:00am-11:00am

Instructional Sports

Baton**Ages 5-12 Beginner:** Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-865-5553.**10 sessions****\$58.00**

Instructor: Julianna Duda

110333 Judith Resnik ES 9/20 M 6:15pm-7:00pm

110334 Fairland CC 9/21 Tu 6:15pm-7:00pm

110336 Cashell ES 9/21 Tu 6:15pm-7:00pm

110338 Sally Ride ES 9/21 Tu 6:00pm-6:45pm

110337 Woodfield ES 9/22 W 6:00pm-6:45pm

110335 Damascus ES 9/23 Th 6:15pm-7:00pm

Tip for a Healthier Life:

Inactivity doubles the risk of dying from cardio-vascular disease and stroke.

Cheerleading

Ages 5-13 Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

4 sessions **\$68.00**

Instructor: Philip Brudner

110330	Olney ES	9/20	M	5:00pm-7:00pm
110331	Germantown CC	9/28	Tu	5:00pm-7:00pm
110332	Potomac CC	10/26	Tu	4:00pm-6:00pm

Fencing**Fencing Beginner I**

Beginner: Basic foil techniques. Instructors are certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor. Class updates are available on the Potomac class at www.fencer.com.

10 sessions **\$78.00**

Instructor: Raymond Finkleman

110919	Potomac CC	9/16	Th	6:30pm-7:30pm
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Instructor: Gitty Mohebban

110921	Robert Frost MS	9/13	M	5:30pm-6:30pm
110922	Bauer Drive CC	9/17	F	5:30pm-6:30pm

Fencing Beginner II

This class is designed for the advanced Beginner I and entry level Beginner II student. Curriculum will be student skill dependent. \$20 material fee due to instructor.

10 sessions **\$78.00**

Instructor: Gitty Mohebban

110924	Bauer Drive CC	9/17	F	6:30pm-7:30pm
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Fencing Beginner II/Intermediate

Prerequisite Fencing Beginner I class. Class consists of demonstration and perfection of fencing beginner I skills along with an introduction of new techniques. \$20 material fee due to instructor.

10 sessions **\$78.00**

Instructor: Gitty Mohebban

110925	Robert Frost MS	9/13	M	6:30pm-7:30pm
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Fencing Intermediate

More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. \$20 material fee due to instructor. Class updates for the Potomac class are available at www.fencer.com.

10 sessions **\$78.00**

Instructor: Raymond Finkleman

110926	Potomac CC	9/16	Th	7:30pm-8:30pm
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Instructor: Gitty Mohebban

110927	Bauer Drive CC	9/17	F	7:30pm-8:30pm
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Fencing Practices and Club

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor at first class. Classes may feature electric fencing apparatus. Updates for Potomac CC class are available at www.fencer.com

10 sessions **\$78.00**

Instructor: Raymond Finkleman

110928	Potomac CC	9/16	Th	8:30pm-10:00pm
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Instructor: Gitty Mohebban

110929	Bauer Drive CC	9/18	Sa	12:30pm-2:00pm
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Golf**Golf for Beginners**

Ages 3-5: Eye hand coordination, BASIC swing and putting instruction. Clubs Provided, parent participation required. \$25 material fee due to instructor.

5 sessions **\$102.00**

Instructor: Lois Ger, Love to Par, Inc.

110561	Potomac CC	9/7	Tu	10:00am-10:30am
110562	Potomac CC	9/7	Tu	10:30am-11:00am
110563	Potomac CC	9/7	Tu	4:00pm-4:30pm
110564	Potomac CC	9/7	Tu	4:30pm-5:00pm
110912	Germantown CC	9/8	W	3:00pm-3:30pm
110913	Germantown CC	9/8	W	3:30pm-4:00pm
110914	Bauer Drive CC	9/9	Th	10:00am-10:30am
110915	Bauer Drive CC	9/9	Th	4:00pm-4:30pm
109662	Potomac CC	9/11	Sa	9:00am-9:30am
109663	Potomac CC	9/11	Sa	9:30am-10:00am

Ages 8-12: Golf group lessons for all levels; consist of 3-8 people per group. \$25 material fee due to instructor.

5 sessions **\$102.00**

Instructor: Lois Ger, Love to Par, Inc.

111049	S Germantown Pk Golf DR	9/11	Sa	9:00am-10:00am
111054	S Germantown Pk Golf DR	9/13	M	6:00pm-7:00pm

Ages 13-Adult: Golf group lessons for all levels; consist of 3-8 people per group. \$25 material fee due to instructor.

5 sessions **\$113.00**

Instructor: Lois Ger, Love to Par, Inc.

111050	S Germantown Pk DR	9/11	Sa	10:00am-11:00am
111053	S Germantown Pk DR	9/13	M	7:00pm-8:00pm
111051	S Germantown Pk DR	9/15	W	6:00pm-7:00pm
111052	S Germantown Pk DR	9/15	W	7:00pm-8:00pm



Young golfers practice their swings.

Golf 100 Instructional

Ages 10-Adult: Basic lessons in golf: learn how to hold and pick a golf club, the stance and how to do a golf swing. Information on etiquette, where to practice and play golf, what to expect regarding fees, golf carts and what some golf terminology means. Leave the class knowing what to expect when you arrive at the golf course and how to function in a foursome. Within no time you will feel like one of the hackers on the course and have started yourself in the exciting networking world of golf. Great fun and business smart. Taught by PGA Professional and Masters player: Charlie Bassler. \$25 ball fee due to instructor.

4 sessions **\$113.00**

Instructor: Charles Bassler

110918	Konterra Golf DR	9/25	Sa	10:00am-11:00am
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Golf 100 Swing-the-Club

Ages 13-Adult: Beginner's Class: enrollment limited to 8 students. Skills instruction of proper grip, stance, swing and special strokes. Student will receive positive critique of their swing and game strategy guidance. \$25 ball fee due to instructor at first class.

5 sessions **\$113.00**

Instructor: Kent Keith

110917	Northwest Golf C	9/23	Th	7:00pm-8:00pm
110916	Northwest Golf C	9/22	W	7:00pm-8:00pm

Golf 101 Waters Landing

Ages 13-Adult: Gain an overview of the game and enjoy a highly personalized teaching style that allows for a relaxed, enjoyable, learning atmosphere. All aspects of the game are taught with proven fundamentals and principles in a simple and understandable way. State of the art computerized video analysis is used. All classes include use of balls and loaner clubs.

5 sessions **\$113.00**

Instructor: William Butkiewicz

110698	Waters Lndg Golf Pk	9/22	W	6:00pm-7:00pm
110699	Waters Lndg Golf Pk	9/23	Th	7:00pm-8:00pm

Gymnastics**Gymnastics Skill Development Phase I**

Ages 4-6: Enjoy an introduction to obstacle course tumbling (forward rolls, cartwheels and handstands), bars (learn how to swing, skin the cat and front rolls), and vaulting.

6 sessions **\$68.00**

Instructor: Boz Mofid, Gymnastics of America

110931	Judith Resnik ES	9/20	M	4:00pm-4:45pm
110932	Judith Resnik ES	9/20	M	5:00pm-5:45pm
110930	Judith Resnik ES	9/23	Th	6:00pm-6:45pm
110943	Judith Resnik ES	11/1	M	4:00pm-4:45pm
110944	Judith Resnik ES	11/1	M	5:00pm-5:45pm
110942	Judith Resnik ES	11/4	Th	6:00pm-6:45pm

Gymnastics Skill Development Phase II

Ages 7-14: Beginner: introduced to gymnastics exercises including tumbling (headstands, cartwheels and bridges), bars (skin the cat, pull overs and casts), and vaulting (jumping on the board, squat ons, straddle ons).

5 sessions **\$73.00**

Instructor: Boz Mofid, Gymnastics of America

110934	Judith Resnik ES	9/20	M	7:15pm-8:15pm
110935	Judith Resnik ES	9/20	M	8:15pm-9:15pm
110933	Judith Resnik ES	9/23	Th	6:45pm-7:45pm
110946	Judith Resnik ES	11/1	M	7:15pm-8:15pm
110947	Judith Resnik ES	11/1	M	8:15pm-9:15pm
110945	Judith Resnik ES	11/4	Th	6:45pm-7:45pm

Gymnastics Tumbling Format

Ages 3-6: Beginner: Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 sessions **\$68.00**

Instructor: Denise Schattenberg

110530	Upper County CC	9/20	M	1:45pm-2:30pm
110531	Longwood CC	9/23	Th	1:45pm-2:30pm

Sailing**Sailing-Basic/Adv Basic Weekend**

Ages 18&up: This marks our 38th year of offering the safest, highest quality adult sailing instruction in the Washington area. Our US Sailing Certified Instructors are expert sailors who are highly skilled, and are committed to helping students gain enthusiasm and confidence. US Sailing completion booklets are given for successful completion of each course. (This completion book may be mailed in to US Sailing for membership and log books for a fee.) A great beginner sailing book from US Sailing/Red Cross is available at your class for \$15; purchase is optional. We are a hands-on sailing school. The majority of time is spent on the water SAILING. The fee for your class covers boat rental, use of equipment and life jacket. Also, an additional free hour of rental boats from Washington Sailing Marina is available to you. All classes are held at Washington Sailing Marina, located on George Washington Parkway, 1 mile south of Reagan National Airport and north of Olde Town, Alexandria

Basic/Adv Basic Weekend

Ages 18&up: On board Flying Scots, one of the finest 19' day-sailors available. For beginners and/or those who have been out, but really need to learn to sail this time. 4 students per boat plus instructor.

2 sessions **\$188.00**

Instructor: Enterprises Inc. Vashaw

110634	Washington Slg Mar	9/18	Sa, Su	9:30am-3:30pm
110635	Washington Slg Mar	9/25	Sa, Su	9:30am-3:30pm
110636	Washington Slg Mar	10/2	Sa, Su	9:30am-3:30pm
110637	Washington Slg Mar	10/9	Sa, Su	9:30am-3:30pm
110638	Washington Slg Mar	10/16	Sa, Su	9:30am-3:30pm

Sailing-Basic Keelboat Weekend

Ages 18&up: On board a 25' Catalina, this class is for the experienced day sailor who is ready for something a little bit bigger. Course covers basic keelboat day-sailing and cruising, including preparation to sail, crew operations and skills, sailing theory, leaving dock and mooring, boat control in confined waters, navigation rules-inland, heavy weather sailing, overboard recovery methods, safety and emergency procedures. Limited to four students per instructor.

2 sessions **\$223.00**

Instructor: Enterprises Inc. Vashaw

110642	Washington Slg Mar	10/2	Sa, Su	9:30am-3:30pm
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Tennis**Tennis for Beginners**

Ages 3-5: Parent's participation required. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 material fee due to instructor.

5 sessions **\$102.00**

Instructor: Lois Ger, Love to Par, Inc

109646	Potomac CC	9/7	Tu	9:30am-10:00am
109647	Germantown CC	9/8	W	4:30pm-5:00pm
109636	Bauer Drive CC	9/9	Th	10:30am-11:00am
109637	Bauer Drive CC	9/9	Th	3:30pm-4:00pm
109638	Potomac CC	9/11	Sa	10:30am-11:00am
109657	Bauer Drive CC	9/11	Sa	2:00pm-2:30pm
109658	Bauer Drive CC	9/11	Sa	2:30pm-3:00pm

Ages 6-12: Parent's may watch last 10 minutes of class. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 material fee due to instructor.

5 sessions **\$102.00**

Instructor: Lois Ger, Love to Par, Inc



Could there be an Olympics in this young gymnast's future?

109648	Potomac CC	9/7	Tu	5:30pm-6:15pm
109650	Germantown CC	9/8	W	5:00pm-5:45pm
109640	Bauer Drive CC	9/9	Th	4:30pm-5:15pm
109641	Bauer Drive CC	9/9	Th	5:15pm-6:00pm
109642	Potomac CC	9/11	Sa	11:00am-11:45am
109659	Bauer Drive CC	9/11	Sa	3:00pm-3:45pm

Ages 13&up: Beginner-intermediate skills reviewed.
\$10 material fee due to instructor.

5 sessions					\$113.00
Instructor: Lois Ger, Love to Par, Inc.					
109651	Potomac CC	9/7	Tu	6:15pm-7:15pm	
109653	Potomac CC	9/7	Tu	7:15pm-8:15pm	
109654	Germantown CC	9/8	W	6:00pm-7:00pm	
109655	Germantown CC	9/8	W	7:00pm-8:00pm	
109643	Bauer Drive CC	9/9	Th	6:00pm-7:00pm	
109644	Potomac CC	9/11	Sa	12:00pm-1:00pm	
109660	Bauer Drive CC	9/11	Sa	4:00pm-5:00pm	
109661	Bauer Drive CC	9/11	Sa	5:00pm-6:00pm	



Tennis-Wimbledon I

Ages 8-15: Beginner/Advanced Beginner \$10 materials fee due to the instructor at the first class.

5 sessions					\$102.00
Instructor: Benjamin Woods					
110938	Leland NP	9/13	M	4:00pm-5:00pm	
110936	Sligo MS	9/14	Tu	4:00pm-5:00pm	
110937	Olney Manor RcP	9/17	F	4:00pm-5:00pm	

Tennis-Wimbledon II

Ages 16&up: Beginner/Advanced Beginner \$10 materials fee due to the instructor at the first class.

5 sessions					\$113.00
Instructor: Benjamin Woods					
110940	Leland NP	9/13	M	6:00pm-7:00pm	
110941	Sligo MS	9/14	Tu	6:00pm-7:00pm	
110939	Olney Manor RcP	9/17	F	6:00pm-7:00pm	

Martial Arts for Youth & Adults

Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.

Aikido

Beginners Ages 10&up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be nonaggressive without being a victim. Coordinate mind and body and deal effectively with stress and tension. Emphasis on Ki development.

10 sessions					\$68.00
Instructor: Chris Rowe					
110548	Children's Learning Ctr	9/17	F	3:00pm-4:30pm	
110546	Children's Learning Ctr	9/23	Th	6:00pm-7:30pm	
110547	Children's Learning Ctr	9/23	Th	7:30pm-9:00pm	

Karate/Jujitsu

Ages 6-12 (New students must be 6 at start of class): The physical and psychological aspects taught. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. All locations accept Beginning through Advance students; however, at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES beginners must attend at 6:00pm; at all other sites beginners may attend the later time.

12 sessions					\$53.00
Instructor: Company Staff: TKA, Inc.					
110819	Potomac CC	9/29	W	7:00pm-8:00pm	
13 sessions					\$57.00
Instructor: Company Staff: TKA, Inc.					
110816	Germantown CC	9/21	Tu	7:00pm-8:00pm	
110815	Baker MS	9/21	Tu	7:00pm-8:00pm	
110824	Fairland CC	9/23	Th	6:00pm-7:00pm	
110825	Fairland CC	9/23	Th	7:00pm-8:00pm	
110826	DuFief ES	9/23	Th	6:00pm-7:00pm	
110827	DuFief ES	9/23	Th	7:00pm-8:00pm	
110828	Poolesville HS	9/23	Th	7:00pm-8:00pm	
110829	Rolling Terrace ES	9/23	Th	6:00pm-7:00pm	
110830	Rolling Terrace ES	9/23	Th	7:00pm-8:00pm	
110831	Bethesda ES	9/23	Th	7:00pm-8:00pm	

14 sessions					\$61.00
Instructor: Company Staff: TKA, Inc.					
110811	Longwood CC	9/20	M	7:00pm-8:00pm	
110812	Upper County CC	9/20	M	6:00pm-7:00pm	
110813	Upper County CC	9/20	M	7:00pm-8:00pm	
110814	Wheaton CC	9/20	M	7:00pm-8:00pm	
110817	Bauer Drive CC	9/22	W	6:00pm-7:00pm	
110818	Bauer Drive CC	9/22	W	7:00pm-8:00pm	
110820	Judith Resnik ES	9/22	W	6:00pm-7:00pm	
110821	Judith Resnik ES	9/22	W	7:00pm-8:00pm	
110822	Clara Barton CC	9/22	W	7:00pm-8:00pm	
110823	Stedwick ES	9/22	W	7:00pm-8:00pm	

Karate Clinics

Ages 6-12 (must be 6 at start of program): Diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. Includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, etc. Students grouped by belt level and age where appropriate. Optional exam will be offered for an additional \$25, payable to TKA.

4 sessions					\$44.00
Instructor: Company Staff: TKA, Inc.					
110810	Bauer Drive CC	12/27	M,Tu,W,Th	9:00am-11:30am	

Need an additional registration form?

Download one from our website at
www.montgomerycountymd.gov/rec

Karate/Jujitsu Adults

Ages 13&up: Introduction to physical and psychological aspects of Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students.

13 sessions **\$75.00**

Instructor: Company Staff: TKA, Inc.

110834	Germantown CC	9/21	Tu	8:00pm-9:30pm
110835	Baker MS	9/21	Tu	8:00pm-9:30pm
110840	Bethesda ES	9/23	Th	8:00pm-9:30pm
110841	Fairland CC	9/23	Th	8:00pm-9:30pm
110842	DuFief ES	9/23	Th	8:00pm-9:30pm
110843	Rolling Terrace ES	9/23	Th	8:00pm-9:30pm

14 sessions **\$80.00**

Instructor: Company Staff: TKA, Inc.

110832	Upper County CC	9/20	M	8:00pm-9:30pm
110833	Wheaton CC	9/20	M	8:00pm-9:30pm
110836	Bauer Drive CC	9/22	W	8:00pm-9:30pm
110837	Clara Barton CC	9/22	W	8:00pm-9:30pm
110838	Potomac CC	9/22	W	8:00pm-9:30pm
110839	Stedwick ES	9/22	W	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13&up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

10 sessions **\$28.00**

Instructor: Company Staff: TKA, Inc.

110809	Bauer Drive CC	9/24	F, Sa	7:00pm-9:00pm
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Kendo, the art of Japanese Samurai Swordsmanship, is both exhilarating and demanding to learn.

Kendo-Beginner

Ages 13&up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$27 due to instructor to cover cost of shinai. Also see Shodo, an excellent complement to this training.

9 sessions **\$60.00**

Instructor: Shiro Shintaku

110557	Tilden MS	9/23	Th	7:15pm-8:15pm
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Kendo-Intermediate/Advanced

Ages 13&up: Pre-requisite, beginners class with Shiro Shintaku.

9 sessions **\$60.00**

Instructor: Shiro Shintaku

110555	Tilden MS	9/23	Th	8:30pm-9:30pm
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**Shodo**

Ages 13&up: Beginner/Intermediate: Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$20 material fee due to instructor. An excellent compliment to Kendo.

9 sessions **\$60.00**

Instructor: Shiro Shintaku

110554	Tilden MS	9/23	Th	6:00pm-7:00pm
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Music**NEW Karaoke**

Ages 9-16: Katch the latest krase! Anyone can be the ideal candidate for Karaoke. From the budding American Idol to the child who needs to build their self konfidence, our professional team will help to kultivate their skills or find their kourage in a kasual, komfortable and kid-friendly environment. For the kurious, we offer a variety of krowd pleasing music. The last class will be a kollection of kapabilities. Kome join in the fun, it's kontagious!

5 sessions **\$55.00**

Instructor: Abigail Dion

110709	Bauer Drive CC	10/6	W	7:00pm-8:00pm
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Voice Level I

Ages 12&up: Beginner: Fundamentals of singing taught with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress.

6 sessions **\$48.00**

Instructor: Allison Leadbetter-Hines

109122	Tilden MS	10/6	W	7:30pm-8:30pm
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Voice Level II

Ages 12&up: Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

7 sessions **\$59.00**

Instructor: Allison Leadbetter-Hines

109123	Tilden MS	10/6	W	8:30pm-9:30pm
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Guitar Level I

Ages 9&up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$14 material fee due to instructor at first class covers an instructional songbook, additional song sheets and handouts. Please bring a fully strung guitar (preferably acoustic), electronic tuner and pencil. Questions? Call Brian Gross at 301-320-6999.

8 sessions **\$103.00**

Instructor: Brian Gross

108861 Tilden MS 9/21 Tu 7:00pm-8:15pm

Guitar Level II

Ages 9&up: Learn more songs and new chords including barre and power chords, and left hand techniques. \$20 material fee due to instructor covers instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.

8 sessions **\$103.00**

Instructor: Brian Gross

108862 Tilden MS 9/21 Tu 8:15pm-9:30pm

Tiny Tots

Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too. \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

6 sessions **\$42.00**

Instructor: Sharon Lande

110075 Potomac CC 9/21 Tu 10:45am-11:30am

110076 Leland CC 9/22 W 10:00am-10:45am

110077 Leland CC 9/22 W 11:30am-12:15pm

110078 Leland CC 9/22 W 1:00pm-1:45pm

110079 Potomac CC 9/23 Th 9:30am-10:15am

110080 Potomac CC 9/23 Th 10:15am-11:00am

5 sessions **\$35.00**

110082 Potomac CC 11/9 Tu 10:45am-11:30am

110083 Leland CC 11/10 W 10:00am-10:45am

110084 Leland CC 11/10 W 11:30am-12:15pm

110085 Leland CC 11/10 W 1:00pm-1:45pm

110086 Potomac CC 11/11 Th 9:30am-10:15am

110087 Potomac CC 11/11 Th 10:15am-11:00am

Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme-based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. Weather permitting, we may take advantage of the outdoors, so keep a hat and/or sunscreen handy. \$15 material fee due to instructor. Adult participation required.

8 sessions **\$55.00**

Instructor: Joan E. Clowes

110367 Longwood CC 9/20 M 10:00am-10:45am

110368 Longwood CC 9/20 M 11:00am-11:45am

110369 Tilden Woods LP 9/21 Tu 10:00am-10:45am

110370 Tilden Woods LP 9/21 Tu 11:00am-11:45am

110371 Potomac CC 9/22 W 10:00am-10:45am

110372 Potomac CC 9/22 W 11:00am-11:45am

110373 Potomac CC 9/22 W 1:15pm-2:00pm

Time Out for Twos

Ages 24-36 months: Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more! Activities are teacher directed. Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

8 sessions **\$55.00**

Instructor: Catherine Bodine

110362 Leland CC 9/20 M 9:30am-10:15am

110363 Leland CC 9/20 M 10:30am-11:15am

110364 Leland CC 9/21 Tu 9:30am-10:15am

Busy Bees

Ages 2½-5: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

8 sessions **\$73.00**

Instructor: Catherine Bodine

110361 Leland CC 9/27 M 11:30am-12:30pm

110360 Leland CC 9/21 Tu 10:30am-11:30am

Mother Goose on the Loose

Ages 6-17 months: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Adult participation required. Price includes all materials.

8 sessions **\$55.00**

Instructor: Judy Ehrenstein

110365 Coffield CC 9/20 M 9:45am-10:30am

110366 Coffield CC 9/20 M 10:45am-11:30am

Instructor: Laura Lunking

110351 Ross Boddy CC 9/22 W 9:45am-10:30am

110352 Ross Boddy CC 9/22 W 10:45am-11:30am

110354 Bauer Drive CC 9/23 Th 9:45am-10:30am

110355 Bauer Drive CC 9/23 Th 10:45am-11:30am

110357 Norbeck-Mncstr Mill NP 9/24 F 9:45am-10:30am

110358 Norbeck-Mncstr Mill NP 9/24 F 10:45am-11:30am

**Fast, easy internet registration
with RecWeb.**

See *Registration at*
www.montgomerycountymd.gov/rec

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$22 material fee due to instructor. Adult participation required.

8 sessions **\$55.00**

Instructor: Tiny Hands

110453	Germantown CC	9/18	Sa	10:15am-11:00am
110467	Bauer Drive CC	9/18	Sa	9:30am-10:15am
110449	Germantown CC	9/20	M	9:30am-10:15am
110450	Potomac CC	9/20	M	10:00am-10:45am
110459	Potomac CC	9/20	M	11:00am-11:45am
110458	Leland CC	9/21	Tu	1:00pm-1:45pm
110461	Germantown CC	9/21	Tu	10:30am-11:15am
110464	Wheaton CC	9/21	Tu	10:30am-11:15am
110448	Bauer Drive CC	9/22	W	1:00pm-1:45pm
110452	Germantown CC	9/22	W	9:30am-10:15am
110455	Longwood CC	9/22	W	10:15am-11:00am
110460	Bauer Drive CC	9/22	W	10:30am-11:00am
110463	Germantown CC	9/22	W	10:30am-11:15am
111709	Fairland CC	9/22	W	9:30am-10:15am
110454	Fairland CC	9/23	Th	10:00am-10:45am
110462	Longwood CC	9/23	Th	10:15am-11:00am
110466	Fairland CC	9/23	Th	1:00pm-1:45pm
110468	Clara Barton CC	9/23	Th	10:15am-11:00am
110457	Potomac CC	9/24	F	10:00am-10:45am
110465	Potomac CC	9/24	F	11:00am-11:45am
110456	Wheaton CC	9/28	Tu	9:30am-10:15am

Tiny Hands Chefs

Ages 3½-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$28 material fee due to instructor. Adult participation required.

6 sessions **\$42.00**

Instructor: Tiny Hands

110444	Potomac CC	9/20	M	1:00pm-1:45pm
110445	Potomac CC	9/20	M	2:00pm-2:45pm
110446	Longwood CC	9/21	Tu	1:30pm-2:15pm

A Roaring Good Time

Ages 3-5: Calling all cubs...come join the pride for a feast of fun! 'Mane' attractions include creating different animals of the jungle, dancing and moving to music, making up our own story and more! \$15 material fee due to instructor. Adult participation required.

6 sessions **\$48.00**

Instructor: Sharon Lande

110132	Potomac CC	9/21	Tu	1:00pm-1:45pm
110133	Potomac CC	11/9	Tu	1:00pm-1:45pm

Babies Music Morning

Ages 12-24 months: Exposure to music to help infants develop a sense of timing, pitch and language skills through body movements, action songs, floor and lap games and rhymes and lullabies. Simple and safe percussion instruments used. \$15 material fee due to instructor. Adult participation required.

10 sessions **\$83.00**

Instructor: Linda Taousakis

110407	Norbeck-Mncstr Mill NP	9/21	Tu	9:30am-10:15am
110405	Tilden Woods LP	9/22	W	9:45am-10:30am

**Tiny Tots Music Morning**

Ages 2-5: Develop musical skill while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. A new instrument and theme introduced each week. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. Adult participation required. \$15 material fee due to instructor.

10 sessions **\$83.00**

Instructor: Linda Taousakis

110437	Wheaton Reg Lib	9/20	M	10:15am-11:00am
110438	Wheaton Reg Lib	9/20	M	11:05am-11:50am
110442	Norbeck-Mncstr Mill NP	9/21	Tu	10:15am-11:00am
110443	Norbeck-Mncstr Mill NP	9/21	Tu	11:05am-11:40am
110439	Tilden Woods LP	9/22	W	10:30am-11:15am
110440	Tilden Woods LP	9/22	W	11:30am-12:15pm
110441	Glenmont PC	9/23	Th	11:00am-11:50am

Juniors Tots Music

Ages 3½-5: Introduction to note reading, note value rhythm, ear training and more! Enhance musical skills while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. \$15 material fee due to instructor. Adult participation not required.

10 sessions **\$83.00**

Instructor: Linda Taousakis

110434	Wheaton Reg Lib	9/20	M	12:30pm-1:15pm
110436	Glenmont PC	9/23	Th	12:30pm-1:15pm

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor.

10 sessions **\$83.00**

Instructor: Music for Life

110470	Upper County CC	9/23	Th	9:15am-10:00am
110471	N Chevy Chase LP	9/24	F	9:15am-10:00am



From babies to toddlers, our Tiny Tots classes offer fun activities for every child.

Tip for a Healthier Life:

Children should wear a helmet whenever riding a bicycle or scooter.



Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$20 material fee due to instructor.

10 sessions

\$83.00

Instructor: Music for Life

110488	Camp Seneca LP	9/20	M	10:15am-11:00am
110489	Camp Seneca LP	9/20	M	11:15am-12:00pm
110472	Clara Barton CC	9/21	Tu	10:15am-11:00am
110473	Clara Barton CC	9/21	Tu	11:15am-12:00pm
110474	Potomac CC	9/21	Tu	5:30pm-6:15pm
110477	Long Branch CC	9/21	Tu	10:15am-11:00am
110476	Coffield CC	9/22	W	10:00am-10:45am
110486	Fairland CC	9/22	W	10:15am-11:00am
110487	Fairland CC	9/22	W	11:00am-11:45am
110480	Upper County CC	9/23	Th	10:15am-11:00am
110483	Upper County CC	9/23	Th	11:15am-12:00pm
110484	Norbeck-Mncstr Mill NP	9/23	Th	10:00am-10:45am
110478	N Chevy Chase LP	9/24	F	10:00am-10:45am
110479	N Chevy Chase LP	9/24	F	11:00am-11:45am
110481	Clara Barton CC	10/2	Sa	10:00am-10:45am
110482	Clara Barton CC	10/2	Sa	11:00am-11:45am

Exploring Music

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$20 material fee due to instructor.

10 sessions

\$115.00

Instructor: Music for Life

110507	Potomac CC	9/21	Tu	4:15pm-5:15pm
110508	Bauer Drive CC	9/22	W	4:00pm-5:00pm

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

5 sessions

\$35.00

Instructor: Sharon Lande

110131	Potomac CC	11/9	Tu	10:00am-10:45am
110129	Leland CC	11/10	W	10:45am-11:30am
110130	Potomac CC	11/11	Th	11:00am-11:45am

6 sessions

\$42.00

Instructor: Sharon Lande

110127	Potomac CC	9/21	Tu	10:00am-10:45am
110125	Leland CC	9/22	W	10:45am-11:30am
110126	Potomac CC	9/23	Th	11:00am-11:45am

Funfit® One

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor.

6 sessions

\$48.00

Instructor: Funfit®

110401	Tilden MS	9/18	Sa	9:30am-10:15am
110378	Germantown CC	9/20	M	9:30am-10:15am
110381	Wheaton CC	9/20	M	10:15am-11:00am
110382	Quince Orch Vly NP	9/21	Tu	9:30am-10:15am
110383	Fairland CC	9/21	Tu	9:30am-10:15am
110402	Coffield CC	9/21	Tu	9:30am-10:15am
110385	Leland CC	9/22	W	9:00am-9:45am
110386	Potomac CC	9/22	W	9:30am-10:15am
110387	Potomac CC	9/22	W	10:15am-11:00am
110388	Damascus Lib	9/22	W	9:30am-10:15am
110389	Damascus Lib	9/22	W	10:15am-11:00am
110390	N Chevy Chase LP	9/22	W	9:30am-10:15am
110391	N Chevy Chase LP	9/22	W	10:15am-11:00am
110392	Quince Orch Vly NP	9/23	Th	9:30am-10:15am
110393	Quince Orch Vly NP	9/23	Th	10:15am-11:00am
110394	Capital View PC	9/23	Th	9:30am-10:15am
110395	Capital View PC	9/23	Th	10:15am-11:00am
110384	Germantown CC	9/24	F	9:30am-10:15am
110396	Leland CC	9/24	F	9:00am-9:45am
110397	Potomac CC	9/24	F	9:30am-10:15am
110398	Potomac CC	9/24	F	10:15am-11:00am
110399	N Four Corners LP	9/24	F	9:30am-10:15am
110400	N Four Corners LP	9/24	F	10:15am-11:00am
110403	Quince Orch Vly NP	9/18	Sa	9:30am-10:15am
110380	Wheaton CC	9/20	M	9:30am-10:15am

5 sessions

\$41.00

110607	Wheaton CC	11/8	M	10:15am-11:00am
110608	Quince Orch Vly NP	11/9	Tu	9:30am-10:15am
110609	Fairland CC	11/9	Tu	9:30am-10:15am
110628	Coffield CC	11/9	Tu	9:30am-10:15am
110611	Leland CC	11/10	W	9:00am-9:45am
110612	Potomac CC	11/10	W	9:30am-10:15am
110613	Potomac CC	11/10	W	10:15am-11:00am
110605	Germantown CC	11/8	M	9:30am-10:15am
110614	Damascus Lib	11/10	W	9:30am-10:15am
110615	Damascus Lib	11/10	W	10:15am-11:00am
110616	N Chevy Chase LP	11/10	W	9:30am-10:15am
110617	N Chevy Chase LP	11/10	W	10:15am-11:00am
110618	Quince Orch Vly NP	11/11	Th	9:30am-10:15am
110619	Quince Orch Vly NP	11/11	Th	10:15am-11:00am
110620	Capital View PC	11/11	Th	9:30am-10:15am
110621	Capital View PC	11/11	Th	10:15am-11:00am
110610	Germantown CC	11/12	F	9:30am-10:15am
110622	Leland CC	11/12	F	9:00am-9:45am
110623	Potomac CC	11/12	F	9:30am-10:15am
110624	Potomac CC	11/12	F	10:15am-11:00am
110625	N Four Corners LP	11/12	F	9:30am-10:15am
110626	N Four Corners LP	11/12	F	10:15am-11:00am
110627	Tilden MS	11/13	Sa	9:30am-10:15am



Our Tiny Tots classes are a hit with the pre-school set.

Funfit® Two

Ages 2-3: Adult participation required. Child must be walking. \$10 material fee due to instructor.

6 sessions \$48.00

Instructor: Funfit®

110413	Quince Orch Vly NP	9/18	Sa	10:15am-11:00am
110422	Tilden MS	9/18	Sa	10:15am-11:00am
110409	Germantown CC	9/20	M	10:15am-11:00am
110410	Wheaton CC	9/20	M	11:00am-11:45am
110411	Quince Orch Vly NP	9/21	Tu	11:00am-11:45am
110423	Coffield CC	9/21	Tu	10:15am-11:00am
110424	Fairland CC	9/21	Tu	10:15am-11:00am
110414	Potomac CC	9/22	W	11:00am-11:45am
110415	Damascus Lib	9/22	W	11:00am-11:45am
110416	N Chevy Chase LP	9/22	W	11:00am-11:45am
110417	Quince Orch Vly NP	9/23	Th	11:00am-11:45am
110418	Ken Gar PC	9/23	Th	11:00am-11:45am
110412	Germantown CC	9/24	F	10:15am-11:00am
110419	Leland CC	9/24	F	9:45am-10:30am
110420	Potomac CC	9/24	F	11:00am-11:45am
110421	N Four Corners LP	9/24	F	11:00am-11:45am

5 sessions \$41.00

110631	Germantown CC	11/8	M	10:15am-11:00am
110632	Wheaton CC	11/8	M	11:00am-11:45am
110633	Quince Orch Vly NP	11/9	Tu	11:00am-11:45am
110654	Coffield CC	11/9	Tu	10:15am-11:00am
110655	Fairland CC	11/9	Tu	10:15am-11:00am
110645	Potomac CC	11/10	W	11:00am-11:45am
110646	Damascus Lib	11/10	W	11:00am-11:45am
110647	N Chevy Chase LP	11/10	W	11:00am-11:45am
110648	Quince Orch Vly NP	11/11	Th	11:00am-11:45am
110649	Ken Gar PC	11/11	Th	11:00am-11:45am
110640	Germantown CC	11/12	F	10:15am-11:00am
110650	Leland CC	11/12	F	9:45am-10:30am
110651	Potomac CC	11/12	F	11:00am-11:45am
110652	N Four Corners LP	11/12	F	11:00am-11:45am
110641	Quince Orch Vly NP	11/13	Sa	10:15am-11:00am
110653	Tilden MS	11/13	Sa	10:15am-11:00am

Funfit® Three

Ages 3-4: Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills, and cooperative play. Adult participation required for the class, but not necessary for every activity. \$10 material fee due to instructor. Call 301-975-0099 for additional class locations and more information.

6 sessions \$48.00

Instructor: Funfit®

110426	Tilden MS	9/18	Sa	11:00am-11:45am
110425	Germantown CC	9/20	M	11:00am-11:45am

5 sessions \$41.00

110603	Germantown CC	11/8	M	11:00am-11:45am
110604	Tilden MS	11/13	Sa	11:00am-11:45am

Family Funfit®

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls, and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 family material fee due to instructor. Price is per child.

6 sessions \$48.00

Instructor: Celia Kibler, Funfit

110432	Quince Orch Vly NP	9/18	Sa	11:00am-11:45am
110427	Potomac CC	9/20	M	4:00pm-4:45pm
110428	Fairland CC	9/21	Tu	11:00am-11:45am

110429	Coffield CC	9/21	Tu	11:00am-11:45am
110430	Quince Orch Vly NP	9/21	Tu	10:15am-11:00am
110431	Leland CC	9/22	W	9:45am-10:30am
110630	Capital View PC	9/23	Th	11:00am-11:45am
110433	Germantown CC	9/24	F	11:00am-11:45am

5 sessions \$41.00

Instructor: Funfit®

110544	Potomac CC	11/8	M	4:00pm-4:45pm
110597	Fairland CC	11/9	Tu	11:00am-11:45am
110598	Coffield CC	11/9	Tu	11:00am-11:45am
110599	Quince Orch Vly NP	11/9	Tu	10:15am-11:00am
110600	Leland CC	11/10	W	9:45am-10:30am
110629	Capital View PC	11/11	Th	11:00am-11:45am
110602	Germantown CC	11/12	F	11:00am-11:45am
110601	Quince Orch Vly NP	11/20	Sa	11:00am-11:45am

**Wee Wanna Be**

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Children will receive instruction in sports and agility training through supervised, non-competitive play sessions. Sports change each six-week session and include: soccer, basketball, kick-ball and hockey. Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. \$20 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info.

12 sessions \$99.00

Instructor: Computer Technology Inc.

110665	Oakland Terrace ES	9/18	Sa	9:15am-10:00am
110666	Oakland Terrace ES	9/18	Sa	10:15am-11:00am
110668	Wayside ES	9/18	Sa	9:15am-10:00am
110678	Wayside ES	9/18	Sa	10:15am-11:00am
110682	Oakland Terrace ES	9/18	Sa	1:15pm-2:00pm
110667	Leland CC	9/20	M	9:00am-9:45am
110669	Leland CC	9/20	M	9:45am-10:30am
110670	Longwood CC	9/20	M	1:30pm-2:15pm
110672	Longwood CC	9/20	M	11:30am-12:15pm
110673	Leland CC	9/20	M	10:30am-11:15am
110675	Leland CC	9/20	M	11:15am-12:00pm
110676	Longwood CC	9/20	M	9:30am-10:15am
110677	Longwood CC	9/20	M	10:30am-11:15am
110656	Germantown CC	9/21	Tu	9:15am-10:00am
110657	Germantown CC	9/21	Tu	10:15am-11:00am
110658	Germantown CC	9/21	Tu	11:15am-12:00pm
110674	Germantown CC	9/21	Tu	1:30pm-2:15pm
110679	Germantown CC	9/21	Tu	2:30pm-3:15pm
110683	Potomac CC	9/22	W	1:00pm-1:45pm
110684	Potomac CC	9/22	W	1:45pm-2:30pm



Funfit is a high-energy workout, and shows your child that exercise is fun!

110685	Upper County CC	9/22	W	9:15am-10:00am
110686	Upper County CC	9/22	W	10:15am-11:00am
110687	Upper County CC	9/22	W	11:15am-12:00pm
110688	Clara Barton CC	9/22	W	9:30am-10:15am
110689	Clara Barton CC	9/22	W	10:15am-11:00am
110690	Clara Barton CC	9/22	W	11:15am-12:00pm
110659	Potomac CC	9/23	Th	9:30am-10:15am
110660	Potomac CC	9/23	Th	10:30am-11:15am
110661	Potomac CC	9/23	Th	11:30am-12:15pm
110671	Potomac CC	9/23	Th	12:30pm-1:15pm
110680	Potomac CC	9/23	Th	1:30pm-2:15pm
110662	Bauer Drive CC	9/24	F	9:15am-10:00am
110663	Bauer Drive CC	9/24	F	10:15am-11:00am
110664	Bauer Drive CC	9/24	F	11:15am-12:00pm
110681	Bauer Drive CC	9/24	F	1:15pm-2:00pm
110691	Coffield CC	9/24	F	9:30am-10:15am
110692	Coffield CC	9/24	F	10:30am-11:15am
110693	Coffield CC	9/24	F	11:30am-12:15pm

Coach Doug's Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports change each six-week session and include: soccer, basketball, hockey and more! \$20 material fee due to instructor. Call 301-983-2690 for more info.

12 sessions \$122.00

Instructor: Computer Technology Inc.

110504	Oakland Terrace ES	9/18	Sa	12:15pm-1:00pm
110505	Wayside ES	9/18	Sa	11:15am-12:00pm
110506	Oakland Terrace ES	9/18	Sa	11:15am-12:00pm
110490	Longwood CC	9/20	M	3:30pm-4:15pm
110491	Longwood CC	9/20	M	2:30pm-3:15pm
110493	Longwood CC	9/20	M	4:15pm-5:00pm
110497	Germantown CC	9/21	Tu	4:15pm-5:00pm
110492	Germantown CC	9/21	Tu	3:30pm-4:15pm
110494	Potomac CC	9/22	W	3:15pm-4:00pm
110495	Potomac CC	9/22	W	4:30pm-5:15pm
110496	Potomac CC	9/22	W	2:30pm-3:15pm
110498	Potomac CC	9/23	Th	3:30pm-4:15pm
110499	Potomac CC	9/23	Th	2:30pm-3:15pm
110500	Potomac CC	9/23	Th	4:30pm-5:15pm
110501	Bauer Drive CC	9/24	F	3:15pm-4:00pm
110502	Bauer Drive CC	9/24	F	2:15pm-3:00pm
110503	Bauer Drive CC	9/24	F	4:15pm-5:00pm

Xciting Xtras

Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. Questions: Call Wortley Ganoe at 301-946-5645 or Beverly Luecke at 301-831-9390.

Tip for a Healthier Life:

Pets lower blood pressure.

Puppy Kindergarten

Trainers 12&up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. \$5 material fee due at Ms. Luecke's class only. Questions call: Wortley Ganoe at 301-946-5645 or Beverly Luecke at 301-832-6044.

6 sessions \$41.00

Instructor: Wortley Ganoe

109624 MCRD Offices 9/11 Sa 9:30am-10:30am

Basic Obedience

Trainers 10&up/Dogs 5 months&up:

6 sessions \$41.00

Instructor: Beverly Luecke

109627 Bauer Drive CC 9/19 Su 10:00am-11:00am

109628 Bauer Drive CC 9/19 Su 11:00am-12:00pm

109625 Germantown CC 9/23 Th 6:30pm-7:30pm

Instructor: Wortley Ganoe

109629 MCRD Offices 9/11 Sa 10:30am-11:30am

Intermediate Obedience

Trainers 12&up/Dogs 6 months&up: Prerequisite (a basic course). The goal is to have dogs heeling by voice or hand signals.

6 sessions \$41.00

Instructor: Beverly Luecke

109632 Bauer Drive CC 9/19 Su 12:00pm-1:00pm

Instructor: Wortley Ganoe

109631 MCRD Offices 9/11 Sa 11:30am-12:30pm

Bridge



Fun bridge fact: The game of bridge can be traced back to the early 16th century, and evolved from the English card game Whist.

Beginner Part 1

Ages 18&up: For absolute beginners. This course is a new and fun way to learn bridge. The focus is on playing as soon as possible. The more hands you play, the faster you will learn. Come prepared to have lots of fun. \$15 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@verizon.net.

8 sessions \$71.00

Instructor: Leslie Shafer

109774 Potomac CC 9/21 Tu 7:30pm-9:30pm

Bridge I-Bidding

Ages 18&up: Club Series: Fundamentals of contract bridge, including point count, opening bids, responses, re-bids, overcalls, leads, and basic play of the hand. \$15 material fee due to instructor at class. Questions: Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

8 sessions \$71.00

Instructor: Jack Moss

109779 Leland CC 9/21 Tu 1:00pm-3:00pm

Bridge II-Play of Hand

Ages 18&up: Diamond Series: Do you freeze up before you have to play a hand. Learn the best way to develop the tricks that you need. One of the most fun classes ever. \$15 material fee due to instructor at class. Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

8 sessions **\$71.00**

Instructor: Jack Moss
109778 Leland CC 9/21 Tu 7:30pm-9:30pm

Bridge III-Defense

Ages 18&up: Heart Series: Learn how to defeat the contract. Defense is played by you 50% of the time. Focus on opening leads, signaling suit preference, attitude toward partner leads, counting the suits and more. \$15 material fee due to instructor at class. Questions: Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

8 sessions **\$71.00**

Instructor: Jane B. Friend
109780 Potomac CC 9/22 W 10:00am-12:00pm

Bridge-Avoiding Common Bidding Mistakes

Ages 18&up: How much anxiety do you feel during the bidding and play of a hand. This class is designed to point out some of the most common mistakes made at the bridge table and show you how to avoid them. Some of the topics will include: learning how shape can affect your bidding; what to do when the opponents interfere in your auction; and when you can bid with absolutely no points! Lots of hands will be played in each class. For intermediate to advanced players. \$15 material fee due to instructor at class. Call Leslie Shafer at 301-593-6828 or email slamhand@verizon.net.

8 sessions **\$71.00**

Instructor: Leslie Shafer
109777 Potomac CC 9/20 M 10:00am-12:00pm

Bridge-Polishing Your Basics Part I

Ages 18&up: Prerequisite: Club and Diamond Series. A bidding and play workshop. Get more play time and less talk for your dollar. Up to seven fixed hands available each week. Booklet with topic mini lessons and hand examples provided. Covers basic bidding and play of the hand techniques to reinforce lessons, as well as leads, Stayman, Blackwood, slam bidding, jump raises, watching entries, opening, responding bids and more. \$15 material fee due to instructor. Questions: Call Jane Friend at 202-966-1551 or email jfjkjb@verizon.net.

8 sessions **\$71.00**

Instructor: Jane B. Friend
109782 Clara Barton CC 9/22 W 3:00pm-5:00pm

Bridge-Conventions Basic

Ages 18&up: If you have a basic knowledge of bidding and play techniques, then it's time for you to begin learning the basic conventions. We will focus on Stayman, Jacoby Transfers, Blackwood, Weak 2s, and the Strong Two Club Opener for monster opening hands. We have redesigned this course to allow 2 weeks for each topic. This particular class is designed to let you play many hands each week that will reinforce each lesson. \$15 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@verizon.net.

8 sessions **\$71.00**

Instructor: Leslie Shafer
109776 Leland CC 9/22 W 7:30pm-9:30pm

Find a mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

Play Montgomery Guide sales to benefit Friends of Recreation

www.playmoco.org

The non-profit **Montgomery Parks Foundation*** has recently published the **Play Montgomery Guide**, a pocket-sized guide to parks, recreation, and entertainment throughout the County. The **Play Montgomery Guide** features major parks, recreation facilities, historic and cultural sites, and performing art centers. Web sites and contact information are included.

The Guide can be purchased at the following Recreation Department locations for \$3.95. Half of the proceeds from sales at these locations will benefit the new **Friends of Recreation** organization, with the other half supporting the **Parks Foundation**.

- Montgomery County Recreation Department, Silver Spring
- Martin Luther King Indoor Swim Center, Silver Spring
- Montgomery Aquatic Center, North Bethesda
- Fairland Regional Service Center, Burtonsville
- Potomac Community Center, Potomac
- Upcounty Government Center, Germantown

*The Montgomery Parks Foundation is a non-profit public foundation formed in 1992 to foster private support of Montgomery County's outstanding park system. The Parks Foundation serves as a facilitator for Friends Groups that support various parks, park and recreation facilities, and programs of the Maryland-National Capital Park and Planning Commission. For more information, telephone 301-767-0002 or visit <http://www.montgomeryparksfnd.org>.



**Friends of
RECREATION**
Montgomery County



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.

Facility Locations

ELEMENTARY SCHOOLS (ES)

Bannockburn ES-6520 Dalroy Ln,
Bethesda
Barnsley ES-14516 Nadine Dr,
Rockville
Bethesda ES-5011 Moorland Ln,
Bethesda
Beverly Farms ES-8501 Post Oak Rd,
Rockville
Cashell ES-17101 Cashell Rd,
Rockville
Cloverly ES-800 Briggs Chaney Rd,
Silver Spring
Damascus ES-10201 Bethesda Church
Rd, Damascus
Dennis Ave ES-Dennis Ave,
Silver Spring
DuFief ES-15001 DuFief Dr,
Gaithersburg
Germantown ES-19110 Germantown-
Darnestown Rd, Germantown
Glenallan ES-12520 Heurich Rd,
Silver Spring
Goshen ES-8701 Warfield Rd,
Gaithersburg
Kemp Mill ES-411 Sisson St,
Silver Spring
Luxmanor ES-6201 Tilden Ln,
Rockville
Oakland Terrace ES-2720 Plyers Mill Rd,
Silver Spring
Olney ES-3401 Queen Mary Dr,
Olney
Poolesville ES-19565 Fisher Ave,
Poolesville
Potomac ES-10311 River Rd,
Rockville
Judith Resnik ES-7301 Hadley Farms Dr,
Gaithersburg
Sally Ride ES-21301 Seneca Crossing Dr,
Germantown
Rock View ES-3901 Denfeld Ave,
Kensington
Rolling Terrace ES-705 Bayfield St,
Takoma Park
Sequoyah ES-17301 Bowie Mill Rd,
Derwood
Sherwood ES-1401 Olney-Sandy Spring Rd,
Silver Spring
Stedwick ES-10631 Stedwick Rd,
Gaithersburg
Waters Landing ES-13100 Waters
Landing Dr, Germantown
Wayside ES-10011 Glen Rd,
Potomac
Woodfield ES-4200 Woodfield Rd,
Gaithersburg

SECONDARY SCHOOLS (MS or HS)

Baker MS-25400 Oak Dr, Damascus
Briggs Chaney MS-1901 Rainbow Dr,
Silver Spring
Cabin John MS-10701 Gainsborough Rd,
Potomac
Robert Frost MS-9201 Scott Dr,
Rockville
Herbert Hoover MS-8810 Post Oak Rd,
Rockville
Kingsview MS-18909 Kingsview Rd,
Germantown
Poolesville HS-7501 Willard Rd,
Poolesville
Sligo MS-1401 Dennis Ave, Silver Spring
Tilden MS-11211 Old Georgetown Rd,
Rockville
White Oak MS-12201 New Hampshire Ave,
Silver Spring

PARK SITES

(LP=local park, PC=park center,
RP=regional park)

Argyle LP-1030 Forest Glen Rd,
Silver Spring
Camp Seneca LP-14500 Clopper Rd,
Boyd's
Cap Vw-Homewood LP-2929
Edgewood Rd, Kensington
Flower Hill LP-8308 Mountain Laurel Ln,
Gaithersburg
Glenmont LP-3201 Randolph Rd,
Wheaton
Kemp Mill Estates LP-120 Claybrook Dr,
Wheaton
Ken-Gar Palisades LP-4140 Wexford Dr,
Kensington
Leland NP-4300 Elm St, Chevy Chase
Norbeck-Mncstr Mill NP-4101
Muncaster Mill Rd, Norbeck
N Chevy Chase LP-4105 Jones Bridge Rd,
Chevy Chase
N Four Corners LP-211 Southwood Ave,
Silver Spring
Olney Manor RCP-16601 Georgia Ave,
Olney
Pilgrim Hills LP-1615 E Randolph Rd,
Colesville
Quince Orch Vly NP-12015 Suffolk Ter,
Gaithersburg
Tilden Woods LP-6800 Tilden Ln,
Potomac
Veirs Mill LP-4425 Garrett Park Rd,
Wheaton
West Fairland LP-2201 Fairland Rd,
Fairland
Woodacres LP-5850 Wyndwood Rd,
Bethesda

LIBRARIES (Lib)

Damascus Lib-9701 Main St,
Damascus
Wheaton Reg Lib-11701 Georgia Ave,
Wheaton

AQUATIC/SWIM CENTERS (AqC, SwC)

M L King SwC-1206 Jackson Rd,
Silver Spring
Montgomery AqC-5900 Executive Blvd,
North Bethesda
Olney SwC-16601 Georgia Ave, Olney
Also see page 6.

COMMUNITY CENTERS (CC)

Clara Barton CC-7425 MacArthur Blvd,
Cabin John
Bauer Drive CC-14625 Bauer Dr,
Rockville
Ross Boddy CC-18529 Brooke Rd,
Sandy Spring
Coffield CC-2450 Lyttonsville Rd,
Silver Spring
East County CC-3310 Gateshead Manor
Way, Silver Spring
Fairland CC-14906 Old Columbia Pk,
Burtonsville
Germantown CC-18905 Kingsview Dr,
Germantown
Leland CC-4301 Willow Ln,
Chevy Chase
Long Branch CC-8700 Piney Branch Rd,
Silver Spring
Longwood CC-19300 Georgia Ave,
Brookeville
Potomac CC-11315 Falls Rd, Potomac
Upper County CC-8201 Emory Grove Rd,
Gaithersburg
Wheaton CC-11711 Georgia Ave,
Wheaton
Also see page 47.

SENIOR CENTERS (SrC)

Holiday Park SrC-3950 Ferrara Dr,
Wheaton
Schweinhaut SrC-1000 Forest Glen Rd,
Silver Spring
Also see page 4.

GOLF FACILITIES (DR)

Konterra Golf DR-14504 Greenview
Dr, Laurel
Northwest Golf C-15701 Layhill Rd,
Wheaton
S Germantown Pk Golf DR-18045
Central Park Circle, Boyds
Waters Lndg Golf Pk-20701 Crystal
Rock Dr, Germantown

OTHER FACILITIES

Children's Learning Ctr-4511 Bestor Dr,
Rockville
Hollywood Ballroom-2126 Industrial
Pky, Silver Spring
Kritt Studio-14817 Brownstone Dr,
Burtonsville
MCRD Offices-4010 Randolph Rd,
Silver Spring
Washington Slg Mar-George
Washington Pky, Alexandria

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase 301-983-4467
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County 240-777-4980
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring 240-777-4900
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown



Finishing touches are completed in preparation for a Quinceanera at Wheaton Community Center.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center	301-229-0010
7425 MacArthur Boulevard, Cabin John	
Bauer Drive Community Center	301-468-4015
14625 Bauer Drive, Rockville	
Ross J. Boddy Community Center	301-570-1204
18529 Brooke Road, Sandy Spring	
Gwendolyn E. Coffield Community Center	240-777-4900
2450 Lyttonsville Road, Silver Spring	
Damascus Community Center	240-777-6930
25520 Oak Drive, Damascas	
East County Community Center	301-572-7004
3310 Gateshead Manor Way, Silver Spring	
Fairland Community Recreation Center	240-777-4970
14906 Old Columbia Pike, Burtonsville	
Germantown Community Center	301-601-1680
18905 Kingsview Road, Germantown	
Charles W. Gilchrist Center for Cultural Diversity	240-777-4940
11319 Elkin Street, Wheaton	
Good Hope Community Center	301-989-1210
14715 Good Hope Road, Silver Spring	
Leland Community Center	301-652-2249
4301 Willow Lane, Chevy Chase	
Long Branch Community Center	301-431-5702
8700 Piney Branch Road, Silver Spring	
Longwood Community Center	301-570-1200
19300 Georgia Avenue, Brookeville	
Plum Gar Community Center	301-601-0966
19561 Scenery Drive, Germantown	
Potomac Community Center	301-983-4471
11315 Falls Road, Potomac	
Scotland Community Center	301-983-4455
7700 Scotland Drive, Potomac	
Upper County Community Center	301-840-2469
8201 Emory Grove Road, Gaithersburg	
Wheaton Community Center	301-929-5500
11711 Georgia Avenue, Wheaton	

Aquatic Centers: See page 6

Senior Centers: See page 4

Other Locations: See page 44

REGISTRATION INFORMATION

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 39. STARline users must pay their account in full. STARline registration number is 240-777-8277.



Fax 240-777-6857

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off:

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 43).

VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

- Financial assistance is available to county residents who qualify based on annual income and number of dependents. Verifiable proof of income (Federal Income Tax Form 1040 or Social Security Income Statement) must be provided. Financial assistance information and application form may be picked up at any recreation office, community center, or swim center, or call 240-777-6840; or through the internet: montgomerycountymd.gov/rec.

- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a withdrawal fee equal to 20% of the program cost.

- If your written withdrawal request is received more than seven days before the start date of the program, you will receive a full credit to your Recreation account. A refund of credit is subject to a fee equal to 20% of the program cost.
- If your written withdrawal request is received seven days or less before the start date of the program, you will be charged a withdrawal fee equal to 20% of the program cost for a credit or a refund.
- If your written request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received in addition to the 20% withdrawal fee. No credit is given for previous program days missed. No withdrawal requests will be considered after the last scheduled date of the program.
- If the Department cancels a program, changes a location or time and you can not attend, or the program is full, you will receive a full credit or refund.
- You may process your own withdrawal online more than seven days before the start date of the program (no withdrawal fees) at recweb.montgomerycountymd.gov.

Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 4010 Randolph Road, Silver Spring, MD 20902; or fax to 240-777-6857; or email to rec.refund@montgomerycountymd.gov. This request must include the participant's name, payer's name, address, phone number, course number, reason for withdrawal, and specify credit or refund.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.

Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
(if under 18 years)
Mother's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____
Father's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6857**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

A SALUTE TO HEROES



Strathmore, Montgomery County and The BSO at Strathmore

Present

THE BALTIMORE SYMPHONY ORCHESTRA

FREE CONCERT

UNDER THE STARS, ON THE LAWN AT STRATHMORE
10701 ROCKVILLE PIKE IN NORTH BETHESDA

Tuesday, September 21, 2004 at 7pm

This concert is a special tribute to the eleven Montgomery County residents who were lost in the September 11 tragedy.

Admission requires a ticket. For free printable tickets go to:

- www.strathmore.org
- www.montgomerycountymd.gov/rec
- www.bsoatstrathmore.com/freetickets
- Or visit the Mansion at Strathmore, 10701 Rockville Pike (Rt. 355) in North Bethesda for tickets (4 ticket maximum per person).

Strathmore is accessible via the Grosvenor-Strathmore Station on Metro's Red Line.
Concert parking is located in the Grosvenor-Strathmore Metro garage for a small fee.

Bring your blankets, a picnic and enjoy the world-renowned, Grammy award-winning BSO at Strathmore, soon to be Montgomery County's newest resident.

Special thanks to the American Speech and Hearing Association.



AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902

PRSR STD
US Postage Paid
Rockville, MD
Permit No.138



Montgomery County Recreation
Department recycles paper, bottles,
and cans in our programs.